

Lifestyle
Art of crocheting dates back centuries A6



Lifestyle
Ice fishing an activity for the patient A6



Sports
Kylie DuCharme — One game, two huge milestones C1W

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School Committee receives budget, Bjork resignation

By LIZZY HILL
News Correspondent

WILMINGTON — Superintendent Dr. Glenn Brand's report for the School Committee at their meeting last Wednesday night covered CIT days, MSBA, and the middle school task force.

Assistant Superintendent Christine Elliott described the workshops covered in the most recent WPS CIT day, including increasing cognitive rigor and engagement in remote and social distancing classrooms and trauma-sensitive teaching.

The budget hearing interrupted the regular meeting for Brand to give a 20,000 foot view of next year's proposed budget. It was made with projected enrollment of over 3,100 students and a number of grants and contributions expected. He said that the plan includes fulfilling legal obligations, professional staffing guidelines, and contractual commitments.

One featured budget item is the $75,000 to be set aside for items that pertain to the strategic plan.

"We want to resume most of it and return to those important priorities that were formed by the community," Brand said. He shared some capital items that will be fulfilled next year per the 5-year plan. They're also expecting to need to increase the salary budget by 2.99 percent and the non-salary budget by .7 percent. This translates into a 2.5 percent budget increase overall.

The budget still needs to be reviewed by the Finance Committee on March 4 before it goes to Town Meeting on May 1 for final approval.

Resuming the regular meeting, the committee heard two public comments from residents advocating for students to return to school in-person five days a week. Both residents asked the committee to reach out to them for collaboration with ideas going forward while also pointing out that students have fallen far behind from where they should be.

Brand picked up his report for an update on the Massachusetts School Building Authority application, where applications for six schools were submitted with a preference of the Wildwood School. He said that Wilmington is being seriously considered for selection, but the MSBA's decision is far from finalized.

He added that regardless of the final decision, he still wants to look for an interim solution for that school.

"The building continues to be updated and issues are attended to by the town," he continued.

He referred to these efforts as a "Band-Aid" solution.

Brand shared that many volunteers were selected to participate on the Middle School Task Force or steering committee to conduct a full programmatic review.

"If anyone volunteered but wasn't selected, you'll still be able to participate," he said. "The work of this group will come back to the committee and the community."

The group will be made up of students, parents, and staff from each grade at the middle school level and younger.

The last part of his report concerned returning to school in-person full time. Brand reported that he wants the district to think about returning more students to in-person learning with vaccinations for educators coming soon. In a later item he suggested the Board of Health could be ready to partner with the school district to vaccinate teachers as early as April.

Part of the problem, however, is that there are limitations to follow despite the realities of guidance from the CDC or

SCHOOL | PAGE A12W

Race for School Committee seats now contested

By CASEY STEVENSON
News Correspondent

WILMINGTON — The race for the two open School Committee seats is no longer uncontested, as Emily Irving has pulled nomination papers. Her contestants are incumbent candidates Mary Jane Byrnes and David Ragsdale.

If elected, Byrnes, Ragsdale or Irving would be serving for three years on the School Committee.

Pulling papers for the single Board of Selectmen seat is incumbent Jonathan Eaton. As of now, he is uncontested in his race. Eaton is currently chairman of the board.

Eaton would serve for another three years on the board if elected.

Charles Fiore Jr. has pulled papers for the seat on the Shawsheen Tech School Committee. He is not an incumbent candidate and is running uncontested so far. If elected, Fiore would serve three years on the committee.

No papers have been pulled for either the Town Moderator position or the open seat on the Wilmington Housing Authority.

As a reminder, those interested in running for any of these positions should contact the Town Clerk for more information, and candidates must submit papers with 50 valid signatures by March 5, 2021 in order to be certified as a candidate, and considered for election.

The last day for newly eligible voters to register in time to participate in this year's annual election is Monday, April 5.

Voting will take place on April 24, 2021, between the hours of 8 a.m. - 8 p.m. Those voting will report to their precinct polling station. Information on where each precinct is voting can be found on the Town of Wilmington website.

SEATS | PAGE A12W



It's melting, melting...

Deloury Industries melting snow at the Wilmington Plaza. Turning mountains of snow into water run off in minutes. (photo: BruceHilliard.com)

COVID-19 sports guidelines and pooled testing

By LIZZY HILL
News Correspondent

WILMINGTON — The School Committee invited Wilmington Nursing Director Doreen Crowe and School Physician Dr. Mark Curdo to talk about two items under new business at their meeting last Wednesday night: COVID-19 positive athletes returning to sports and pooled testing.

The first item covered guidance created by the American Academy of Pediatrics for athletes who test positive for COVID-19. Curdo explained that these guidelines were made because of the theoretical risk of students developing heart-related complications from COVID-19 and the necessity of being careful as they return to sports.

This guidance details that a student is required to be cleared by a physician and to participate in a gradual return to play over seven days before they can return to their team. It is similar to the way that student athletes return to sports play after a concussion.

Curdo said that a student would start with light activity for the first few days before gradually getting to normal drills and eventually returning to the team. Crowe added that the athletic trainer will be there to follow each COVID-19 positive student through their gradual return.

Crowe shared that she discussed implementing this guideline after February vacation with Wilmington Athletic Director Mia Muzzio, but she didn't have a specific implementation date. Curdo added that the guideline doesn't apply to previous positives but only new positive student athletes going forward.

Moving onto the pooled testing program, Crowe described it as a six-week program that provides test kits and software at no cost, and only after six weeks would it cost the school for the tests. The program also requires written consent for participants, training for staff, and onsite testing

COVID | PAGE A12W

Welcome to SalemFive!

Wilmington/Tewksbury Chamber of Commerce President Mark Kratman joined state and town officials last Friday at an official ribbon cutting ceremony to commemorate the opening of the new Salem Five Bank at 281 Main St., Wilmington. Officials thanked Salem Five Bank executives for choosing Wilmington for their new location and shared in the excitement of economic growth on Main Street. Residents/business owners are encouraged to visit the branch to congratulate and offer well wishes to Branch Manager, Mark Iannuccillo and team!

(Courtesy photo)



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Wilmington,
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www.salemfive.com,
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Wilmington Library News:

Bestselling author JA Jance on Friday, Feb. 26

Library Hours

The Library is open for curbside pickup only, from 10 a.m. - 6 p.m. Monday - Thursday and 10 a.m. - 4 p.m. Friday & Saturday. Text us when you arrive and we will bring your books out to you. Staff is available by phone 9 a.m. - 9 p.m. Monday - Thursday and 9 a.m. - 5 p.m. Friday & Saturday.

WML Virtual Programming

While the building is closed, the library continues to offer a variety for virtual events. Please note that registration is required in order to receive the Zoom link. Go to *wilmlibrary.org* to register or call 978-658-2967.

Adult Programs

Poetry Circle

Saturday, Feb. 20, 9:15 a.m.

Do you enjoy writing poetry? Want input on your work? If so, this group is for you. Led by local writing enthusiast, Barbara Alevras. If you are interested in attending this event, please email Assistant Director Charlotte Wood at *cwood@wilmlibrary.org*.

WCTV Live: Cookin' the Books

Monday, Feb. 22, 2:30 p.m.

Join Library Associate Lisa Crispin as she talks about and demonstrates recipes from The Rise: Black Cooks and the Soul of American Food by Marcus Samuelsson. Shown live on WCTV on Comcast 9 / Verizon 37 and online at WCTV.org/live/ (Don't forget to press the Play icon to start the live stream).

Cookin' the Books

Monday, Feb. 22, 7 p.m.

Featured Cookbook: The Rise: Black Cooks and the Soul of American Food by Marcus Samuelsson

If you love to cook and enjoy talking about food and sharing recipes then this group is for you. Pick up a copy of the cookbook (or find a recipe from the book/chef online); cook a dish or two then join with others to discuss what worked and what didn't. You will come away with new friends and new recipes. Led by our own library chef, Lisa Crispin

Creative Writing Group

Tuesday, Feb. 23, 7 p.m.

Learn and apply creative writing tips, tools, and techniques shared by published authors and other writing experts. Open to all who want to improve their creative writing skills and get their work published. Led by local writing enthusiast, Barbara Alevras. If you are interested in attending this event, please email Assistant Director Charlotte Wood at *cwood@wilmlibrary.org*.

Well Read Wednesday

Wednesday, Feb. 24, 10 a.m.

This book group discusses contemporary books, both fiction and non-fiction, led by Library Director Tina Stewart. February book: Miss Jane by Brad Watson

Social Justice Book Group

Wednesday, Feb. 24, 7 p.m.

Featured Book: Stamped from the Beginning by Ibram X Kendi. (Chapters 5-8)

This group, which will meet the fourth Wednesday of the month, continues the work started with the library's antiracism series. Instead of discussing the entire book, the group will read a select number of chapters per month to allow for more in depth conversation. Copies of the book will be available at the library's main desk. You may pick up a copy during open hours or curbside hours.

Writing Sprint

Thursday, Feb. 25, 7p.m.

Write in the company of other writers over Zoom! Use this time to refine a piece for the virtual Writing Slam on Monday, March 1 at 7 pm. Teens & Adults

Exploring the Legacy

Thursday, Feb. 25, 7 p.m.

Join Rosalyn Delores Elder, author of Exploring the Legacy: People and Places of Significance, which is a history of the contributions of African Americans to Massachusetts state history and a guide to the 742 sites around the state that signify the histories of important individuals and events. Learn about Onesimus, whose knowledge led to the development of inoculations to fight small pox in 1721; Belinda Royall who filed the first successful reparations lawsuit in 1783; and Jan Matzeliger's invention of a shoe lasting machine in 1883 which led to the mass production of shoes.

Virtual Author Talk: J.A. Jance

Friday, Feb. 26, 7 p.m.

Bestselling author J.A. Jance will discuss her latest book, Missing and Endangered: A Brady Novel of Suspense, in this Zoom webinar. J.A. Jance is the top 10 New York Times bestselling author of the Joanna Brady series; the J. P. Beaumont series; three interrelated thrillers featuring the Walker family; and Edge of Evil, the first in a series featuring Ali Reynolds.

Youth Programs

Social Justice Service Group

Saturday, Feb. 20, 11 a.m.

Join us over Zoom for a Social Justice Service Group meeting! Meet like-minded teens, discuss the issues important to you, and plan future activities. You will earn community service hours for attending. Grades 9-12

D&D

Saturday, Feb. 20, 3 p.m.

Interested in finding out more about this fantasy tabletop role-playing game, or looking for a group to play with? Join DM Michaela for a virtual campaign via Zoom (or Google Hangouts) every month! Grades 6-8

Pajama Jam

Monday, Feb. 22, 6:30 p.m.

Join the fabulous Bernadette Baird for interactive music and movement. Ages 0-4.

Online Sing Along with Matt Heaton

Tuesday, Feb. 23, 11 a.m.

Online Sing Along with Matt Heaton Matt believes music for kids can be entertaining for both children AND parents. His songs are a mix of rockabilly, surf, american roots and Irish traditional music, delivered with a wry sense of humor and a sincere sense of fun. He has been an early adopter of online sing alongs, and has been running the Mornings with Matt show since March. Expect old and new favorites, dancing and fun.

Read Aloud Book Club Books for a Better World

Saturday, Feb. 20, 3 p.m.

Interested in finding out more about this fantasy tabletop role-playing game, or looking for a group to play with? Join DM Michaela for a virtual campaign via Zoom (or Google Hangouts) every month! Grades 6-8

Among Us Teen Game Night

Tuesday, Feb. 23, 5 p.m.

Join your crewmates in a multiplayer game of teamwork and betrayal over Zoom! Download the free Among Us app, and play in a private match hosted by the WML. Grades 6-12

All Thirteen Book Discussion

Thursday, Feb. 25, 4 p.m.

Join Brittany for a discussion of All Thirteen by Christina Soontornvat over Zoom! Learn about the incredible rescue of the Thai boys' soccer team in 2018, and keep your copy of the book after the meeting. Grades 5-7

Abundant Life Christian School announces first semester honor roll

WILMINGTON — The following students earn honors for the first semester at Abundant Life Christian School.

High Honors: Bethany Anderson ('21), Hope Anderson ('22), Isabella Arifi ('22), Fiyinfoluwa Ayo ('26), Mofopefoluwa Ayo ('22), Olivia Dunbar ('26), Michal Guze ('22), Noah Iskra ('22), Ronald Jordan III ('23), Olivia Kierstead ('21), Matthew Liang ('26), William McCusker ('26), Ella O'Connell ('22).

Honors: Julia Baia ('23), Brian Chism ('22), Gianna Cioffi ('23), Kaetlyn Costello ('23), Dylan Damas ('24), Morgan Davis ('24), Kaleb De Lima ('26), Christian DeSousa ('21), Davio DiCenso ('25), Victoria Dos Anjos ('26), Blake Dudley ('24), Allison Gardner ('25), Gavin Gormady ('26), Elias Guze ('26), Aliah Isaac ('26), Ishad Isaac ('24), Sophie Iskra ('25), Jack Jamieson ('25), Anthony Kierstead ('23), Sierra Landry ('26), Amy Mendonca ('24), Amayo Okeny ('24), Aparo Potong Okeny ('25), Krish Patel ('21), Kennedy Quinn ('25), Lila Root ('25), David Sarofeen ('25), Aidan Shaughnessy ('23), Blake Staley ('26), Landon Warford ('26), Meghann Warford ('24), Charlotte Warren ('23), Jacqueline Warren ('24), John Zani ('22).

ALCS is a private, Christian school located in the heart of Wilmington, MA with students from over fifteen communities. ALCS's vision is Transforming lives through discipleship and academic excellence in a loving, nurturing community. Since 1982, ALCS continues its mission to "Glorifying God in partnership with families and churches to equip our students as leaders who think critically, grow spiritually, and develop relationally. From a Biblical worldview, we prepare the whole student with quality instruction and individual attention to empower them to reach their full potential and serve the greater community."

ALCS offers small class sizes, allowing the teachers to truly get to know their students and meet their individual needs. The Abundant Life Christian School is currently accepting applications for grades K - 8 for the 2021-2022 school year.

For more information about enrollment, contact *admissions@alcsnet.org* or call 978-657-8710.

Eight students named to Dean's List at Bryant

SMITHFIELD, RI — Bryant University is dedicated to the pursuit, recognition, and celebration of academic excellence. The University is pleased to recognize the students who have been named to the Deans' List for the fall 2020 semester.

"The challenges of the last year have revealed the character and grit of our community of scholars," said Provost and Chief Academic Officer Glenn Sulmasy, JD, LL.M, reflecting on Bryant's successful fall semester. "I am impressed and proud of their resilience, dedication, and innovative spirit."

Congratulations on this outstanding achievement!

WILMINGTON

- **Emma Garrity**, class of 2023
- **Alexa Kelley**, class of 2022
- **Taylor Briggs**, class of 2022
- **Conlin Duffy**, class of 2023
- **Robert DuCharme**, class of 2021
- **Julia McLaughlin**, class of 2023
- **Michael Fiorenza**, class of 2023
- **Anthony McKearney**, class of 2022

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It's Your Money
by Todd Brisbois



THESE TAX TIPS CAN HELP NEW BUSINESS OWNERS FIND SUCCESS

Starting a business can be very rewarding. It can also be a little overwhelming. From business plans to market strategies, and even tax responsibilities ... there are many things to consider. Here's what new business owners can do to help get off to a good start.

Choose a business structure. The form of business determines which income tax return a business taxpayer needs to file. The most common business structures are:

- Sole proprietorship: An unincorporated business owned by an individual. There's no distinction between the taxpayer and their business.
- Partnership: An unincorporated business with ownership shared between two or more people.
- Corporation: Also known as a C corporation. It's a separate entity owned by shareholders.
- S Corporation: A corporation that elects to pass corporate income, losses, deductions, and credits through to the shareholders.
- Limited Liability Company: A business structure allowed by state statute.

Choose a tax year. A tax year is an annual accounting period for keeping records and reporting income and expenses. A new business owner must choose either Calendar year (12 consecutive months beginning January 1 and ending December 31) or Fiscal year (12 consecutive months ending on the last day of any month except December).

Apply for an employer identification number. An EIN is also called a federal tax identification number. It's used to identify a business. Most businesses need an EIN.

Have all employees complete these forms: Form I-9, Employment Eligibility Verification; Form W-4, Employee's Withholding Allowance Certificate

Pay business taxes. The form of business determines what taxes must be paid and how to pay them.

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RCB hands out service awards to employees

READING — In 2020, numerous Reading Cooperative Bank (RCB) employees were recognized for their years of service. The awards were delivered virtually during the bank's quarterly stakeholders meeting.

"This organization is blessed with a committed team that makes the difference every day for bank customers and the community, as evidenced so richly this year during the pandemic," remarked Julieann Thurlow, President & CEO of RCB.

Recognized for 25 years of service was Elena Dlunieski, while Dawn Moran and Bobbi Peasley, both Banking Specialists II, were given awards for their 30 years of service.

Acknowledged for 15 years of services was Caitlin Adams, Banking Specialist II, and Patty Lascola, Assistant branch Manager. Recently retired Judy Hildreth, former Assistant Treasurer/Controller, earned a service award for her 20 years of service.

Acknowledged for their five years of service was Ann Duffy, AVP/Credit Officer, Nick Iudiciani, North Reading Branch Manager, Tara Malamphy, Senior Commercial Loan Assistant, Michelle Nunez, Banking Specialist II, Karley Witham, Banking Specialist II, and Kara Worthington, VP, Senior HR Generalist. Rewarded for her 10 years of experience was Elizabeth Thompson, Deposit Operations Supervisor.

About Reading Cooperative Bank

Reading Cooperative Bank is a depositor owned co-operative founded in 1886. This community-centric North Shore financial service provider has branches in Reading, Wilmington, North Reading, Andover, and Burlington.

They also operate teaching branches at Northeast Metro Tech in Wakefield (open to the public) and at Reading Memorial High School (students and staff only), as well as an online branch at *www.readingcoop.com*.

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News and notes from WCTV

Hello friends and neighbors! Here's what's going on at WCTV!

WCTV SEEKING NEW BOARD MEMBERS!

WCTV is now accepting applications for its Board of Directors. WCTV is a non-profit organization and the Board is tasked with overseeing station policies and budgeting decisions. Full details can be found in the WCTV Bylaws. The Board generally meets once per month, with subcommittees often completing work in between those monthly meetings.

Elections will be held prior to the station's annual membership meeting which will be held virtually on March 24, 2021. Applications for the Board should be submitted no later than March 17. Applications are available at *WCTV.org*.

The current Board will screen applicants to decide on a slate of candidates to present to WCTV members. Candidates will be notified in late March as to whether their application was accepted. WCTV members can vote on new Board members by casting a paper ballot in-person at WCTV from March 22-24. At the annual meeting, candidates who are then selected on at least 50 percent of all ballots will be elected to the Board.

Please direct questions to Executive Director Ryan Malyar (*ryan@wctv.org*).

MUSIC, MUSIC, MUSIC!

Thursday, Feb. 18 at 2:30 p.m. WCTV and the Wilmington Memorial Library present a Live Concert featuring "Kat & Brad." Brad Bensko on vocals and guitar and Kathleen Parks on vocals, violin, and mandolin bring you the sounds of the 50's & 60's pop American Songbook standards plus originals from their first LP of original material! View on channels: Verizon 37, Comcast 9 and Facebook Live.

Saturday, Feb. 20 at 6 p.m. "Live from Studio 877 presents Your Friends in Hell." Join us for a live stream concert from moody rock and roll duo Your Friends in Hell lead by Shotgun Botsch. View on channels: Verizon 37, Comcast 9 and Facebook Live.

UPCOMING MEETINGS COVERED BY WCTV!

Monday, Feb. 22 at 7 p.m. - Selectmen.

View on channels: Verizon 38, Comcast 22.

Tuesday, Feb. 23 at 7 p.m. - Finance Committee.

View LIVE on channels: Verizon 38, Comcast 22.

Wednesday, Feb. 24 at 7 p.m. - School Committee.

View on channels: Verizon 38, Comcast 22.

Thursday, Feb. 25 at 7 p.m. - Finance Committee.

View LIVE on channels: Verizon 28, Comcast 22.

WCTV is located at: 10 Waltham Street, Wilmington

Office Hours by Appointment: (978) 657-4066

Questions about WCTV? Contact *info@wctv.org*

WCTV Channels:

Public Channel: Verizon 37, Comcast 9

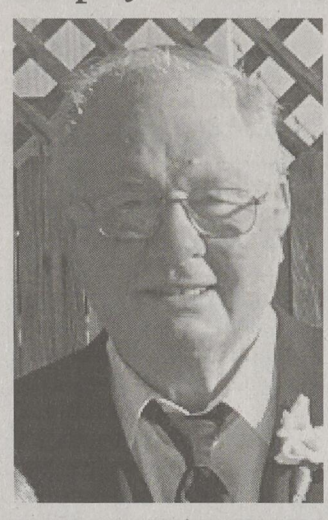
Meetings & Government: Verizon 38, Comcast 22

Access: Verizon 39. Comcast 99

OBITUARIES

Alexander 'Bob' Fleming

Army veteran and US Dept. of Defense employee



Alexander "Bob" Fleming, age 80, a lifelong resident of Wilmington passed away on Feb. 10, 2021.

Bob was the son of the late James and Sally (Cassidy) Fleming. Loving husband of 48 years to Margaret (Manley) Fleming, devoted father of Robert and his wife Kimra Fleming of Melrose and David and his wife Bethany Fleming of Lake Arrowhead, CA.

Loving grandfather to Sophia and Addison Fleming. Dear brother of Sally and her husband Richard Gallagher of South Carolina, the late Ann Mac Donald, James and Donald Fleming, brother-in-law of Mary Fleming of Lowell, James Manley and Mark and his wife Kathy Manley.

Bob is survived by his loving niece Maureen Mann and her husband, Dewey, who assisted him in his final months of his two year cancer battle. He is also survived by many nieces, nephews and their families.

Bob was an Army veteran, Certified Public Accountant (CPA), graduate of Bentley University and 30-year employee of the US Department of Defense as a Supervisory Auditor of the Defense Contract Audit Agency.

Bob enjoyed many years playing cards and golfing at Tewksbury and Hillview country clubs with the great friends he met in Wilmington and at work.

Family and friends gathered for Visiting Hours at the Nichols Funeral Home, 187 Middlesex Ave. (Rt. 62), Wilmington, on Monday, Feb. 15 from 10 a.m. - noon followed by a Service at noon.

In lieu of flowers, please consider a donation in Bob's memory to Care Dimensions Hospice, 75 Sylvan St., Danvers, MA 01923 or to Volunteers of America Massachusetts, 441 Centre St., Jamaica Plain, MA 02130.

www.nicholsfuneralhome.com

Janice M. Quandt

Former air traffic controller



Janice M. Quandt, age 87, a life-long resident of Wilmington, passed away peacefully on Feb. 11, 2021.

Janice was born on May 14, 1933 at her family home in Wilmington; she was the dear daughter of the late Alexander J. and Mary A. (Hutchins) Quandt. She was raised in Wilmington and graduated Wilmington High School with the Class of 1952.

After high school, Janice went to work in Boston for the John Hancock Insurance Company. Eventually, she went on to further her education by attending the Licensed Practical Nursing Program at the Tewksbury Hospital School of Practical Nursing, graduating in 1955.

After a few years, Janice joined the Winchester Hospital Staff as a Medical Transcriber, Secretary to the Pathologists, Blood Bank, Nuclear Medicine Department and the Winchester Hospital Laboratory.

Janice took her career in a whole new direction when she entered the FAA as a secretary and worked for the Civil Rights Department. She was appointed to the Federal Women's Program for all of New England which led her to join the Air Traffic Control Program.

Janice became an air traffic controller, she worked for several airports throughout her career until she retired at the age of 65. While Janice was busy with her career she also attended classes at Harvard University in Cambridge and Northeastern University in Boston.

In her spare time, Janice enjoyed going to bingo and socializing. She made many friends throughout her life time and she looked forward to the great times they had together.

Janice was kind, caring and very thoughtful; she spent much of her free time doing for others and making their lives just a little easier. Janice was a beautiful person inside and out; she will forever be missed by her family and friends.

Janice was the dear sister of Alexander E. Quandt and his wife Barbara of Londonderry, NH, Roger W. Quandt and his wife Marcella of Hampton, NH, Mary A. Rexford and her husband James of Billerica, the late Kathleen C. Blackburn, and Jacqueline D. Grinley.

Janice was a wonderful aunt to her many nieces, nephews and their families. She is further survived by her very dear friends Fred and Marcia Murphy who were there when she needed them; she was forever grateful.

Family and friends will gather for Visiting Hours at the Nichols Funeral Home, 187 Middlesex Ave. (Rt. 62), Wilmington, on Friday, Feb. 19 from 4 - 7 p.m. A Mass of Christian Burial will take place on Saturday, Feb. 20 at 11 a.m. in St. Thomas of Villanova Church, 126 Middlesex Ave., Wilmington, MA.

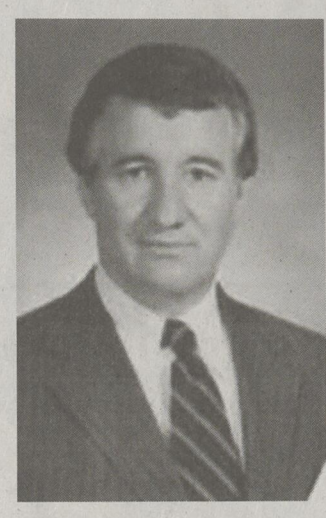
Interment will take place in Wildwood Cemetery, Wilmington, MA. Masks are required to be worn while in the Funeral Home and in Church.

In lieu of flowers, please consider a donation in Janice's memory to St. Jude's Children's Research Hospital, 501 St. Jude Place, Memphis, TN 38105-9959.

www.nicholsfuneralhome.com

Charles J. Zaroulis

Long-time Tewksbury Town Counsel and veteran of the United States Army



Attorney Charles J. Zaroulis died at Lowell General Hospital on Jan. 31, 2021, with his wife at his side, of complications due to COVID-19.

He is survived by his beloved wife of 34 years, Jacqueline (Rochette) Zaroulis. He will be lovingly remembered by his daughters Katherine Zaroulis of Lexington and Alexandra Zaroulis and husband William Hanson, Jr., of Newton.

Papou cherished his beloved young granddaughters, Tenley, Willa, and Ellery Hanson.

He is also survived by his brother Andrew Zaroulis and wife Karin Theodoros of Tewksbury, Nancy Zaroulis Sullivan, of Newton, who was his first wife and is the mother of his daughters, his nephew James Zaroulis of Lowell, his niece Maria Zaroulis Saunders and husband Jeffrey of Tewksbury, and his cousin James Zaroulis and wife Claire McKenney of Ipswich.

Charles was predeceased by his parents, James K. Zaroulis and Sophia (Tzicopoulos) Zaroulis and his brother George Zaroulis. He is a cousin to the Kelakos, Behrakis, Tsapatsaris, and Zaroulis families.

In addition, Charles is survived by his stepchildren Mark Reynolds and wife Julie Ann of Pembroke, NH, Cheryl Losier and husband David of Tewksbury, and Paul Reynolds and wife Melissa of Chelmsford; his stepgrandchildren, Jaimie-Lee Musen, Kory and Kristopher Reynolds, Zachary and Suzanne Reynolds, and step-great granddaughters Clarke and Ella Reynolds, and step-great grandsons, Jeremy and James Reynolds.

Charles was born and raised in the Acre section of Lowell. He graduated from the Bartlett School, Lowell High School, and Suffolk University with a Bachelor of Arts degree and from Suffolk Law School with a Juris Doctorate degree.

He was admitted to the Legal Bar in 1959 then served in the United States Army from 1961 to 1965 and was awarded the Army Commendation Ribbon for Meritorious Service.

Thereafter, Atty. Zaroulis entered into the private practice of law. He served as Town Counsel for the Town of Tewksbury from 1968 to 2021 and Town Counsel for the Town of Tyngsborough from 1989 to 2018. He also served as School District Counsel for the Nashoba Valley Technical High School District for more than 25 years and as special counsel for various other municipalities.

Atty. Zaroulis was founder and original incorporator of Merrimack Valley Legal Services, Inc., now called Northeast Legal Aid, Inc., providing legal services for low income clients. He served as Director, President, and Trustee of the Greater Lowell Family YMCA for over 40 years and was past President and Executive Director of the Massachusetts City Solicitors and Town Counsel Association, now called the Massachusetts Municipal Lawyers Association, Inc., and was a past President and Director of the Greater Lowell Bar Association.

For 30 years, Charles and his wife Jacqueline (Jackie) maintained a home, first in Ashland, NH, and then in Sandwich, NH, where they enjoyed the company of family and friends on many ski weekends in winter, beach and boating weekends in summer, and the annual Sandwich Fair in the fall.

During the years in Sandwich, NH, they enjoyed many cultural events and recreational activities in the Lakes Region and in the several mountain ranges in the area.

Charles was an avid vegetable gardener; his leeks and carrots won him blue ribbons at the annual Sandwich Fair. He and Jackie took great pleasure in observing many species of birds and other wildlife in the meadows adjacent to their yellow house, and especially enjoyed their many Sandwich friends.

Because of the pandemic, a celebration of Charles' life will be held in the future.

Remembrances may be made to the Greater Lowell Family YMCA, 35 YMCA Drive, Lowell, MA 01852, or by making a tribute gift to Squam Lakes Natural Science Center, PO Box 173, Holderness, NH 03245.

Funeral services were private and under the direction of M.R. LAURIN FUNERAL HOME, Directors, Louis M. Fazio III and Scott Laurin.

Tewksbury, Wilmington libraries to host author JA Jance on Feb. 26

TEWKSBURY — The Tewksbury Public Library and Wilmington Memorial Library have joined forces to host bestselling author JA Jance on Friday, Feb. 26, 2021 at 7 p.m.

Jance will discuss her latest book, "Missing and Endangered: A Brady Novel Of Suspense," in this Zoom webinar.

Space is limited. Registration is required and can be found at *www.tinyurl:com/JAJanceMissing*. While this virtual event is completely free, attendees can purchase an autographed copy of the book to be shipped to their homes from the event's bookstore partner — Wellesley Books — before or after the event.

J.A. Jance is the top 10 New York Times bestselling author of the Joanna Brady series; the J. P. Beaumont series; three interrelated thrillers featuring the Walker family; and Edge of Evil, the first in a series featuring Ali Reynolds.

Born in South Dakota and brought up in Bisbee, Arizona, Jance lives with her husband in Seattle, Washington, and Tucson, Arizona.

Cochise County Sheriff Joanna Brady's professional and personal lives collide when her college-age daughter is involved in a missing persons case in this evocative and atmospheric mystery in J. A. Jance's New York Times bestselling suspense series, set in the beautiful desert country of the American Southwest.

This event is sponsored by a collection of North of Boston libraries, including the Memorial Hall Library in Andover, Billerica Public Library, Flint Memorial Library in North Reading, Tewksbury Public Library, Wilmington Memorial Library, and Woburn Public Library.

This event is a part of a series of virtual discussions with bestselling authors held this winter. The next event in the series features a discussion with Susan Mallery on her new book, "The Vineyard At Painted Moon," on Tuesday, March 2, 2021 at 7 p.m.

Sharon Pruss welcomed to Wellcare Chiropractic Center in Wilmington

WILMINGTON — Wellcare Chiropractic Center welcomes Sharon Pruss, D. Ac, to their team. Sharon holds a Master of Science in Oriental Medicine from Samra University.

Sharon specializes in Women's health, auto-immune disorders, digestive issues and pain. Her post-graduate training includes chronic eye disease, infertility (including male factor), nutrition, functional medicine and facial rejuvenation.

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Students make Dean's List at Worcester State

WORCESTER — At Worcester State University, we recognize students who attain a high grades each semester by announcing the Dean's List.

To qualify for the Dean's List, full- and part-time students must earn a grade point average of 3.5 or better for the semester. Courses taken on a pass/fail basis are excluded from the GPA calculation.

Full-time students must be enrolled for a minimum of 12 graded credits.

Part-time day and evening students must have an academic load of a minimum of 6 graded credit hours.

Students are ineligible for the Dean's List in a semester in which they receive an incomplete grade.

- **Emily Amaral, Tewksbury**, Business Administration
- **Kerri Barnum, Wilmington**, Occupational Studies
- **Gina Bertolami, Wilmington**, Occupational Studies
- **Maeve Cadogan, Wilmington**, Occupational Studies
- **Brittany Cimaglia, Wilmington, Psychology**
- **Caitlin Conneely, Tewksbury**, Public Health, Psychology
- **Kalin Connelly, Wilmington**, Early Childhood Education
- **Quinn Ferreira, Tewksbury**, Nursing
- **Erin Gallella, Tewksbury**, Elementary Education, History
- **Ashley Hassell, Wilmington**, Communication
- **Grace Higgins, Tewksbury**, Criminal Justice, Environmental Science
- **Alyssa Lesperance, Wilmington**, Psychology
- **Nolan Macdonald, Tewksbury**, Criminal Justice
- **Hannah Maffeo, Tewksbury**, Criminal Justice
- **Haley Mignon, Tewksbury**, Mathematics
- **Jamie Murray, Wilmington**, Psychology
- **Alexander Papageorgiou, Tewksbury**, Business Administration
- **Fransheska Rosario, Worcester**, Geography
- **Angela Steed, Wilmington**, Health Education
- **Meghan Sullivan, Wilmington**, Psychology
- **Jason Vallee, Wilmington**, Business Administration
- **Leah Veloz, Tewksbury**, Nursing
- **Christina Woods, Wilmington**, Health Education

Fulkerson named to Dean's List at Seton Hall University

SOUTH ORANGE, NJ — Seton Hall University is pleased to announce **Jake Fulkerson** of **Wilmington** has qualified for the Fall 2020 Dean's List.

After the close of every semester, undergraduate students completing all courses with a GPA of 3.4, with no grades lower than "C", qualify for the Dean's List.

As one of the nation's leading Catholic universities, Seton Hall has been showing the world what great minds can do since 1856. Home to over 10,000 undergraduate and graduate students and offering more than 90 rigorous majors, Seton Hall's academic excellence has been singled out for distinction by The Princeton Review, U.S. News & World Report and Bloomberg Businessweek.

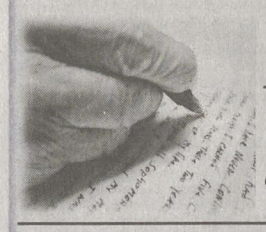
One of the country's leading Catholic universities, Seton Hall University has been a catalyst for leadership — developing students in mind, heart and spirit — since 1856. Home to nearly 10,000 undergraduate and graduate students and offering more than 80 rigorous majors, Seton Hall's academic excellence has been singled out for distinction by The Princeton Review, US News & World Report and Bloomberg BusinessWeek. Seton Hall, which embraces students of all religions, prepares its graduates to be exemplary servant leaders and caring global citizens.

Its attractive main campus is located in suburban South Orange, New Jersey, and is only 14 miles by train, bus or car to New York City, offering a wealth of employment, internship, cultural and entertainment opportunities. The university's nationally recognized School of Law is prominently located in downtown Newark.

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OPINION



Letters to the editor

Saying goodbye to long-time Town Counsel Charles J. Zaroulis

To the editor,

On Jan. 31, 2021, long-time Tewksbury Town Counsel and Special Town Counsel, Attorney Charles J. Zaroulis sadly passed away from COVID-19 complications.

Charles incredibly served our town from 1968 through his passing. As one of countless elected officials he worked with during that tenure, I saw firsthand some of the many contributions Charles made to our town on a multitude of issues. He was a counselor, sounding board, litigator, mediator, and always the consummate professional in his practice representing our community.

If residents attended Town Meetings, they often were guided by his opinions on issues that developed. Numerous policies and decisions made by the various boards in town that affect us each day will forever have his fingerprints on them.

Whether you agreed with his viewpoint or advocacy on a particular issue, the record is filled with examples of the ethical and highly professional manner in which he carried out his duties on all things great and small.

Tewksbury is a better town and our local government works better for all of us because of his efforts. The impact of his care and professionalism will be with us for years to come; for this we all owe him a debt of gratitude.

Sincerely,
Todd Johnson

Student emotional health issues a key concern for educators on return to classrooms

By PAUL J ANDREWS

Emotional health issues

Many school districts across the United States will be planning the reopening of schools at the same time when an increasing number of students have manifested an elevation of suicide attempts and serious emotional problems. This trend has flashing red lights going all over the education world as part of the many ramifications of the COVID-19 pandemic.

CDC has found that between April 2020 and October 2020 the share of emergency room visits caused by mental health concerns grew by 31 percent from the previous year among adolescents aged 12-17 and gone up 24 percent among children aged 5-11.

These calculations have brought a great focus on the mental health concerns and the development of some guidance around considerations for building trauma-sensitive environments and best practices for trauma-involved instruction and a behavioral support checklist, among other concerns including staffing. Students miss the school based setting.

While schools and teachers are always concerned about the physical and mental health issues of students, there was the expectation that the pandemic may cause a problem for students whereas so many were absent for the much needed normal physical interaction and mental stimulation of our schools.

For many students, schools are the only or major source of finding friends and the environment to interact with the issues of the day or time for those special positive events that students of all ages have in common.

Remote education

There will be many conferences and discussions in the immediate years and months ahead on the value of "remote education" which I am sure will be positive and negative. There is some thinking out there that is asking the question as to whether school districts would still offer remote classes after the pandemic.

This thinking goes all the way to the other extreme, as we discussed above in looking at some of the physical and mental issues caused in part by remote learning. I am sure that the conversations about this issue will be the topic of many news columns, educational research papers and forums for some time.

While the majority of educational journals point to the importance of the "human interaction" of teacher-student learning, we will see some researchers and parents comparing the progress of students in some cases, who felt remote learning worked for them.

We will see and report more out on this issue in the months ahead, as our school districts have the incredible job of preparing for what is projected to be a most difficult school opening. This will also be exciting to welcome our students back after an absolutely incredible and historic school year.

Some extractions to ponder

Following are some ideas for you to reflect on in the days ahead in this rapidly changing world including the following: Demands are overtaking the needs of a city in today's world; Officials sound alarm over wave of COVID vaccine and stimulus check scams; Disney parks won't open soon with only Florida's remaining open; Another pandemic mental health crisis and therapist burnout; Biden takes a refreshing bold stance on America's cybersecurity; Five Illinois Regions now allow indoor dining after lifting COVID mitigations; Ireland needs four million migrants to sustain State pension system; China's economy grew 2.3 percent in 2020; Drug price hikes without new evidence upped spending by $1.2B, ICER says; Amazon offers to help Biden with COVID-19 vaccine distribution; More Americans face retirement insecurity; Dementia and Alzheimer's not an inevitable part of aging; Americans aren't draining their retirement funds in the pandemic; Yellen calls for more COVID relief and retirement access; Addressing telehealth's cybersecurity risk will be an industry-wide problem; Employees, the key to stronger cybersecurity and Amazon, Facebook, other tech giants spent roughly $65 million to lobby Washington last year.

MY THANKS FOR YOUR COMMENTS AND FEEL FREE TO E-MAIL ME YOUR SUGGESTIONS AND THOUGHTS TO *andrews@massupt.org*

Galvin named to Dean's List at University of Tampa

TAMPA, FL — **Julia Galvin**, of **Wilmington**, earned dean's list honors at The University of Tampa for the Fall 2020 semester. Galvin is a Sophomore majoring in Economics. Students must maintain a GPA of 3.75 or higher to be eligible for the dean's list.

The University of Tampa is a private, comprehensive university located on 110 acres on the riverfront in downtown Tampa. Known for academic excellence, personal attention and real-world experience in its undergraduate and graduate programs, the University serves approximately 10,000 students from 50 states and about 130 countries. The majority of full-time students live on campus, and about half of UT students are from Florida.

Eight students named to Dean's List at Stonehill

EASTON — **Kaitlin Gallezzo**, of **Wilmington**, a member of the Class of 2023, has been named to the Fall 2020 Dean's List at Stonehill College. Other students named to the Dean's List include:

- **Victoria Burch** of **Tewksbury**, Class of 2021
- **Kayla Giaimo** of **Tewksbury**, Class of 2022
- **Irene Houde** of **Tewksbury**, Class of 2021
- **Alex Joseph** of **Tewksbury**, Class of 2021
- **Rena Ruggiero** of **Tewksbury**, Class of 2024
- **Krista Stracqualursi** of **Tewksbury**, Class of 2022
- **Lauren Whelton** of **Tewksbury**, Class of 2021

To qualify for the Dean's List, students must have a semester grade point average of 3.50 or better and must have completed successfully all courses for which they were registered.

Stonehill is a Catholic college located near Boston on a beautiful 384-acre campus in Easton, Massachusetts. With a student-faculty ratio of 12:1, the College engages over 2,500 students in 80+ rigorous academic programs in the liberal arts, sciences, and pre-professional fields.

MSO Warrant Apprehension Unit aparticipated in over 250 arrests in 2020

BILLERICA — More than 250 individuals wanted on outstanding warrants in jurisdictions across Massachusetts, and beyond, were taken into custody in 2020 due in part to the efforts of the Middlesex Sheriff's Office (MSO) Warrant Apprehension Unit (W.A.U.), officials announced.

The W.A.U. is comprised of three full-time deputy sheriffs and a member of the Lowell Police Department. The unit is also supported by other MSO divisions including the Inner Perimeter Security (IPS) Unit and intelligence analysts.

In total, W.A.U. members made — or assisted in — 266 arrests alongside members of the Massachusetts State Police Violent Fugitive Apprehension Section (VFAS) and other law enforcement partners.

"I want to thank the members of our Warrant Apprehension Unit and our law enforcement colleagues for their incredible work in 2020," said Sheriff Peter J. Koutoujian. "Year after year, the members of this team work in collaboration with our local, state and federal partners to bring to justice individuals wanted by local law enforcement and the courts on serious felony and other charges."

Among those arrested in 2020 was a 33-year-old Lowell resident who was wanted on a probation violation warrant from Middlesex Superior Court and on an arrest warrant from Lawrence District Court. Charges from the two courts included stalking, witness intimidation, assault & battery on a family or household member, armed robbery and discharging a firearm within 500 feet of a building, among others. W.A.U. and VFAS members located the individual at a Lowell residence leading to a brief foot chase that ended in his arrest by members of the Lowell Police Department.

"Lowell Police are grateful for the continued partnership with the Middlesex Sheriff's Office along with the Massachusetts State Police and Middlesex District Attorney's Office. This partnership has made the City of Lowell a safer place," said Lowell Police Superintendent Kelly Richardson. "We look forward to the continued success of this partnership as we work to bring those who attempt to evade justice forward to answer for their actions."

"Partnerships between agencies are key to successful law enforcement strategies, and we are grateful for the continued and valuable assistance the Middlesex Sheriff's Office provides to our fugitive apprehension mission," State Police Colonel Christopher Mason said.

In addition, W.A.U. members also worked with the Middlesex District Attorney's Office to safely and securely return more than a dozen individuals arrested outside Massachusetts to face charges in Middlesex County, including individuals wanted for murder, attempted murder, home invasion, violations of abuse prevention orders and drug offenses.

Included among those returned to Massachusetts in 2020 was Michael Floyd, 32, of Dracut. Floyd was returned to Massachusetts in March to face charges related to the alleged sexual assault on a female minor. After being placed on a court-ordered GPS in September, Floyd fled again with Dracut Police and the Middlesex Sheriff's Office tracking him to Buchanan, Michigan. W.A.U. members returned him to the Commonwealth a second time in mid-October.

"This year, while in the midst of a global health crisis, the importance of collaboration has been constantly underlined as we all strive to preserve public safety in a new normal. Through our partnership with the Middlesex Sheriff's Warrant Apprehension Unit we have been able to ensure that even though many of the day-to-day functions of law enforcement have been impacted by COVID-19, we are still able to continue to make sure that individuals facing serious criminal charges, that often involve a risk to public safety, are apprehended. This is important work and I am grateful for this partnership and the Unit's continued efforts year after year to protect our communities," said Middlesex District Attorney Marian Ryan.

Individuals with information regarding wanted fugitives within Middlesex County may contact the Warrant Apprehension Unit at 617-682-4801.

Book Stew Review

'The Lost Shtetl' by Max Gross

By EILEEN MACDOUGALL

Do you have to be Jewish to love this book? No. You just have to be the type of reader who enjoys a bit of historical magical realism.

In this tale, the tiny, insular Polish shtetl (Yiddish for "village") of Kreskol has been hidden in the deep woods, beyond modern viewing and imagination, surviving world wars and undiscovered even by Nazi troops when Poland was overrun.

When a contentious married couple divorces (very rare) and then disappears, a baker's apprentice is recruited to venture into the outer world and find them. Yankel hitches a ride with gypsies, the only outsiders who travel through Kreskol, and is brought to Smolskie, the nearest small city.

Here, Yankel makes the startling discoveries of cars, trains, cellphones, televisions, internet, and planes, and lands in a psychiatric hospital where he finds sympathetic staff members who help him to make a gradual adjustment to the perils and pleasure of what for him is a true new world.

We also follow the couple Yankel is seeking, Pesha and Ishmael, as they go their own separate and doomed ways. And back in Kreskol, everything changes when the whole of Poland and the entire world marvels at their secret existence.

This is a delightful adventure story, filled with humor and pathos.

Quote: "He saw in the story of the Holocaust a vision of the future that Kreskol narrowly avoided. He saw all the great advances of technology that had been honed and perfected in the service of mankind's most primitive and horrific instincts."

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Lifestyle

The art of crotcheting dates back centuries

By HEATHER BURNS
News Correspondent

Growing up in the 1970s and 80s, it seemed like everyone had one of grandma's crochet afghans resting on the back of their living room couch. This hand crafted item was such a staple in homes across America, it was prominently featured every week on the set of the TV show, Roseanne, and decades later, it remains on the set of the revised Roseanne spin off show, The Connors.

Grandma's love and craftsmanship created a crochet blanket to keep everyone warm and safe in the cold winter months.

Often considered the handwork for the "working class," crochet work has been an important part of family life for centuries.

Other forms of handwork such as knitting, embroidery and weaving can be specifically dated back in time, but the beginnings of crochet work still remains somewhat of a mystery.

It is believed by some that crocheting was developed by descendants of the Guianna Indians in the 16th century, and was referred to as "chain lace."

However, early examples of crochet have been found in South America, believed to have been made by primitive tribes, and also in China, as early examples of three-dimensional dolls worked in crochet.

Still others claim it can be traced back to Arabia, and was spread westward to Spain following the Arab trade routes.

It is also rumored that Italian nuns of the 1500s created crochet church textiles known as "Nun's Lace."

Unfortunately, even though there are examples of crochet from many different parts of the world over a large time frame, very little of the art of crochet was documented before the 1800s when it became popular in Europe.

Research suggests that crochet handwork is actually descendant from the ancient form of embroidery known as Tambouring.

Tambouring originated in China and was practiced throughout Turkey, India, Persia and North Africa. This technique is achieved by stretching out fabric on a frame, similar in look to a drum. (Hence the name Tabouring after the French word Tambur meaning drum.)

The embroidery pattern was created with the use of a hooked needle to create a chain like stitch.

By the end of the 18th century, Tambour evolved into what was known as "crochet in the air" as the fabric drum was no longer used and the stitch was worked on its own.

Crochet soon became popular throughout France and Europe with the help of Mlle. Riego de la Branchardier. Because of her ability to convert needle and bobbin lace designs into crochet patterns, it became easy to copy and duplicate many different designs. Mlle. Riego patterns are also thought to have invented the lace like style of crochet now known as Irish Crochet.

Irish Crochet was born from the mother of necessity during the Great Potato Famine of 1845. It looked similar to fine Irish Lace, but was easier and less expensive to make and sell.

During this time in Ireland, schools were formed to teach the skill of crochet work, and then trained "teachers" were sent all over Ireland to spread the trade of crocheting in order to help families make earnings and survive.

Irish Crochet was sold abroad to buyers oblivious to the fact that the beautifully crafted collars and cuffs they would fashionably wear had been created under poverty stricken conditions.

Throughout the centuries, the uses for crochet work was constantly changing.

Very early examples of crochet work were used for practical purposes like fishing nets, game bags, and cooking utensils.

Later, crochet was used for personal decoration at special occasions like religious rites, marriages and funerals.

In Europe during the 16th and 17th centuries, the wealthy wore lace trimmed gowns, jackets and headpieces. Crochet work became the "poor man's lace" of that time period, and was a staple in everyday fashion.

Victorian time brought back a more utilitarian purpose for crochet work. Crochet patterns were available for such uses as bird cage covers, lamp mats and shades, chair back protectors and tablecloths, while also continuing in fashion as purses, caps, and waistcoats.

By the early 1900s, many of what we now think of as "traditional" crochet pieces were created, such as afghans, sofa pillows, pot holders, and teapot cozies.

In the 1960s, crochet work became a freeform means of expression with unlimited uses, and the same can be said of crochet work of today.

Patterns for everything from Christmas decorations to clothing to afghans are readily available at craft stores and online, and what better way to pass a long, cold winter's day than a fun crocheting project.

If grandma did not pass down her crochet knowledge, or if you have forgotten how to crochet, there are plenty of accessible crocheting instructions you can follow.

Moss Brook Fiber Arts offer crochet classes for all skill levels at the Chelmsford Center for the Arts, located at 1A North road in Chelmsford.

However, due to COVID-19, they have very limited in person classes, but are offering virtual classes via Zoom and are trying to accommodate private lessons. For contact information and to see a schedule of upcoming events and classes, visit *www.mossbrookfiberarts.com*.

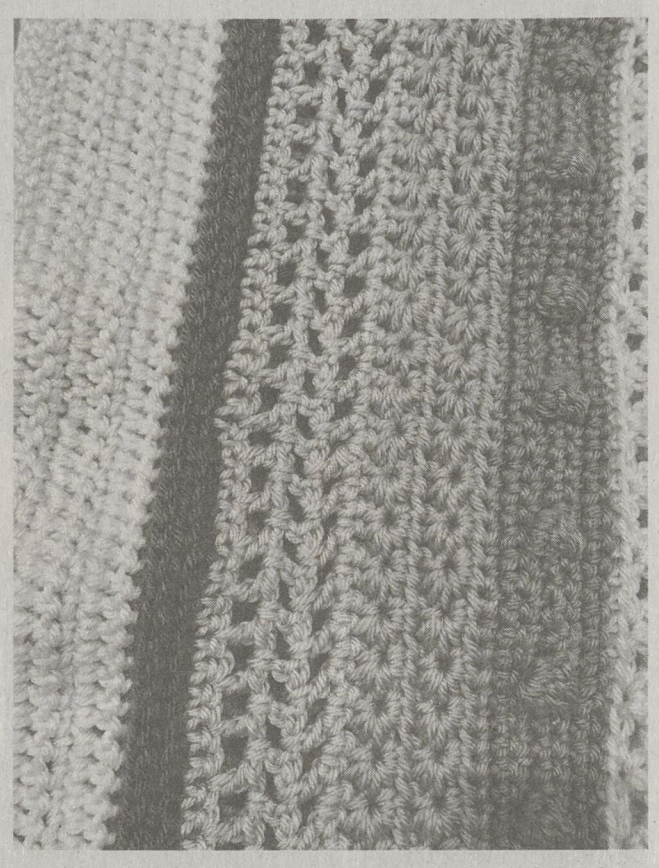
Another option is monthly online subscription for crocheting lessons.

Annie's Kit Club offers monthly subscriptions to master the art of crocheting, perfect for the beginning crocheter or to use as a refresher course.

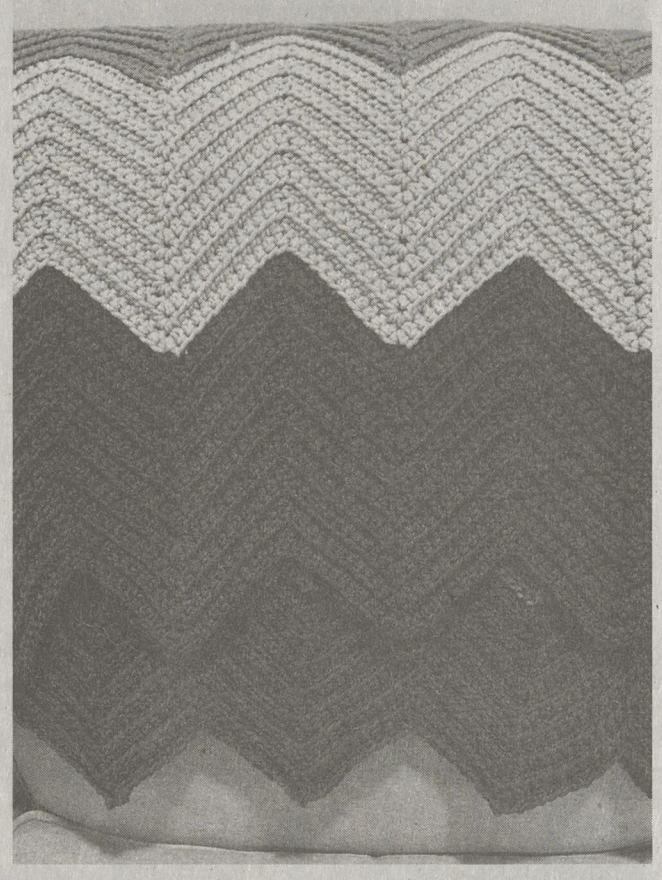
Choose a subscription for the item you want to create, then choose a color pallet. You will receive all the yarn, tools and printed instructions you will need for that month's lesson shipped to your home. Subscription also provides access to easy to follow instructional online videos that can be viewed unlimitedly with the ability to pause and reverse, and replay while viewing. For a list of available crochet projects visit *www.anniesкitclub.com*.

If you are comfortable navigating in the online world of Youtube, there are many free instructional videos available to get you started in the art of crochet.

Winter of 2021 may seem particularly long and cold for many as we continue to isolate because of the ongoing pandemic. Taking part in a virtual or online class in the art of crochet work can open up a new world of crafting that is not only fun, but useful and fashionable. After all, a new pair of mittens can make quite a fashion statement, just ask Bernie Sanders.



▲ Crochet afghans have remained popular with fresh new pattern ideas. Here is a great "sampler" of patterns like lace pattern, star pattern and sea foam pattern.



▲ A common crochet pattern seen in many sofa afghans.

Ice fishing, an activity for the patient

By PAIGE IMPINK
News Correspondent
paige@yourtowncrier.com

Fishing is a sport of patience. Hooks are baited, lines are cast, and the angler waits. While the warmer weather brings crickets, quiet, and mosquitos, winter ice fishing has its own charm and challenges.

Recently, we had the chance to go out on the 20-inch-thick ice in northern Maine to ice fish. Heading out via snowmobile, our sled full of gear in tow, we were bundled up and appreciated the calm February day.



▲ An ice auger is used to cut holes in the ice. (Paige Impink photos)

The absence of wind can make the difference between a pleasant winter outing and a miserable one no matter what your sport. Picking a site near the shoreline, yet out in what would otherwise be several feet of water, we set up the camp.

Using an ice auger, a two-man 10" diameter corkscrew with a small air-cooled engine, my husband and uncle cut into the ice, leaving a beautiful, clean hole to the liquid water deep below. Certainly, a hand-crank auger would do the job, but this machine made quick work of the thick ice.

The lake is a place where the ice heaves in massive plates, creating craggy ridges, exposing the underside of the ice as a glacial blue. A crunchy snow layer makes the surface quite walkable, though micro spikes would have been a good addition.

A few of us did slip and fall on surprisingly slick patches. Rigging the tripod tip-up rods, their bright orange signal flags ready, my uncle put a nightcrawler on the end of each hook, though he told us smelt or shiners are preferred.

We were surprised at the activity on the lake; several snowmobiles riding by in a line, and a few pop-up bob houses in the distance. We never see this much activity in summer, and I am told that winter snowmobilers are a significant contribution to the local economy despite the remoteness of the area.

We learned there are different fish to be had based on where you drop your line. Brook trout are near the shore, lake trout are further out and closer to the bottom, salmon swim just under the ice and cusk are on the bottom, usually caught with an overnight line.

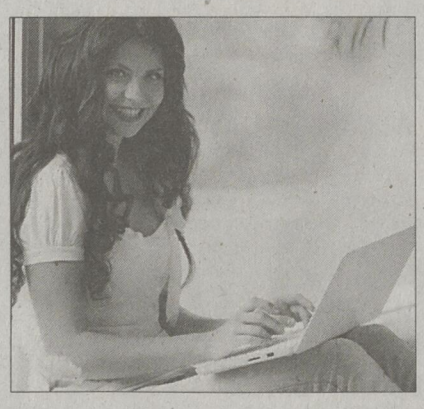
Just like warmer weather fishing, ice fishing does require a license, though we were fishing during a "free" week. Only a certain number of lines are allowed per license with differing requirements for the legal catch size of each species of fish. We were hopeful but not certain we were going to catch anything.

In Maine at least, it is a requirement that the license holder be in view of their rigs; one cannot just set lines and leave. Since the day was bright and still, we had our chairs out and were able to enjoy the vastness of the lake. Despite the calm weather, though, we still had to use an ice skimmer every once in a while to clear the crusting ice as it reformed over the holes.

We waited. And waited. Alas, fish was not to be on our menu that night, but as we pulled up the traps and headed home, we were grateful for the experience. We marveled at the popularity of the sport and understood better the allure of the adventure.



▲ Setting the tip-up trap.



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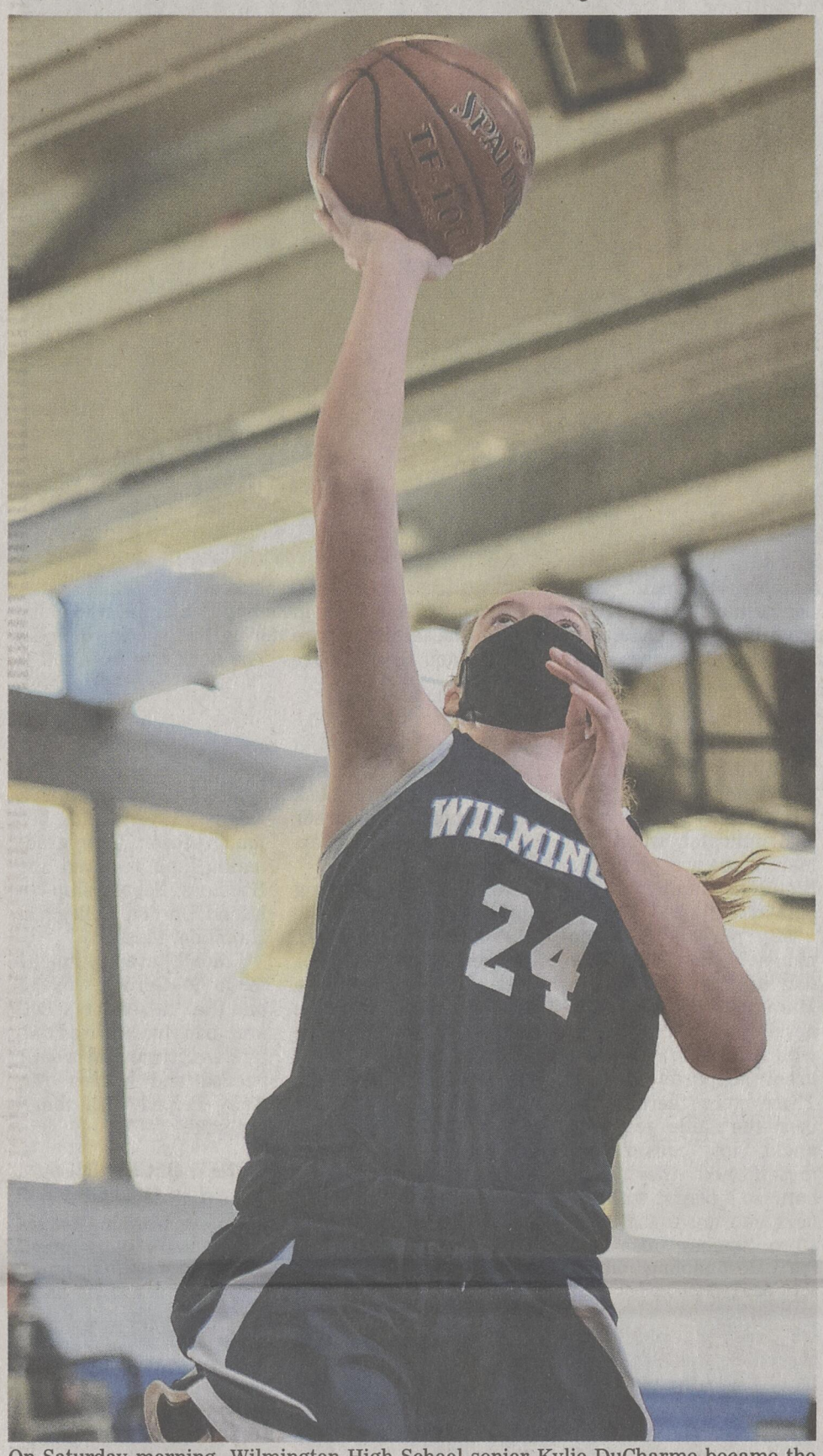
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Wilmington SPORTS
WEDNESDAY, FEBRUARY 17, 2021

One game, two incredible milestones

Senior Kylie DuCharme becomes first to break 1,000 rebounds; second to break 1,000 points







On Saturday morning, Wilmington High School senior Kylie DuCharme became the second player in program history to surpass 1,000 points in her career. Above, she drives to the hoop; to the top right, she watches her shot go in, giving her the 1,000 points, and to the right, after play was stopped, her mother Linda greets her to celebrate the milestone. (all photos by Bob DeChiara).

Senior ignites win with 25 points and 15 boards

By JAMIE POTE
Sports Editor
jamiepote@hotmail.com

STONEHAM – With 2:17 left in the second quarter of Saturday's road game at Stoneham, Wilmington High School senior Kylie DuCharme made history when she became the first female in the history of the basketball program to reach 1,000 rebounds in her career.

With 37 seconds left in the third quarter of the same ballgame, she made history again. Her end-to-end runner, gave her 1,000 points in her career.

She became the second female in the history of the program to achieve this incredible milestone, following Ashley Vitale in 2007. And DuCharme becomes the sixth player in WHS history to do it joining Winston Fairfield (Class of 1959), Mike Lombard (1988), Eric Swiezynski (2001) and Connor Bennett (2015).

The fact that DuCharme reached both milestones is one thing, but to accomplish both in the same game is really mind-blowing.

"We are absolutely thrilled for her," said head coach Jessica Robinson. "It's an incredible accomplishment. She's the first to have one-thousand (rebounds) and one thousand (points) in Wilmington High history and that's accolades that even the best, best don't reach. It's absolutely a tremendous accomplishment."

Wilmington High girls' basketball started in the 1930s, but it wasn't until the early 1970s when the game went to 5-on-5. From that point on, now fifty years later with hundreds and thousands of players suiting up for the 'Cats, playing for a number of different coaches, only two have reached four digits in points and one in four digits in rebounds.

"It's just exciting," DuCharme said minutes after the win over Stoneham. "To be here (and do this) with my parents, my teammates and

. DUCHARME C6W





After she scored her 1,000th point of her career, Kylie DuCharme was able to celebrate the moment with her parents Bob and Linda, who were graciously allowed to be spectators of the game Athletic Director Dave Pignone of Stoneham. The DuCharme Family wanted to publicly thank Pignone and the entire Stoneham Basketball program and its parents for their first-class hospitality; to the far right, Kylie celebrated the accomplishment with her teammates including clockwise Jenna Sweeney, Kiara Nadeau and Emily Watson. (photos by Bob DeChiara).

Marion (Halpin) Hodges part of two Athletic Hall of Fames and currently a Field Hockey official for over 50 years

Sixty-plus years in athletics and still going strong

By JAMIE POTE
Sports Editor
jamiepote@hotmail.com

GROVELAND/WILMINGTON – When she was a young girl, Marion (Halpin) Hodges' father wanted to prove to his friends by betting a quarter each time that she could throw a football further than them.

When she was in the seventh grade, Marion heard an announcement for all high school girls interested in playing basketball to come to the gymnasium. She did. She made such an impression, then head coach Alice McCarthy allowed her to play for the JV team. Six years later, she scored 39 points in one game with her trademark 'hook shot'.

When Marion, also known as 'Nonie', got to the high school, she wanted to play football, or compete on the boys track team since there was no girls' team. She was told no each time, but when she wanted to work on her dribbling skills, she would sometimes join the boys practices.

Where are they now?
MARION HODGES

When she made it to the high school softball team, McCarthy wanted her to play first base because she was left-handed. Marion said no thanks. She wanted to play shortstop and second base. When the ball was hit to her, she would spin around before throwing the ball to first base.

In the fall season, she wanted to become a football cheerleader. She tried out and didn't make it, only because McCarthy asked the cheerleading coach not to pick her, so the coach could introduce Marion to a game she had never heard of – "field hockey". Hodges picked up the stick for the first time as a sophomore and now well over 60 years later, the game is still her No. 1 passion, officiating for over 50 years.

After she graduated from WHS, she went off to Gordon College which didn't have a field hockey team at the time. She started it. She first found a field. Then she got some lime, put it in a coffee can, while making a hole out in the bottom of it and lined the entire field. When it came to making the circles, she put a string on her foot and struck a radius around the 'striking circle'.

Hodges has been inducted into three Hall of Fames: Wilmington High in 1997, the New Agenda-Northeast (affiliated with the National Association for Girls and Women in Sport) and in 2020, Gordon College Athletic Hall of Fame.

On top of all of that, she was a coach for many years, including being a basketball official for over 20 years and she was a teacher for several decades. She got married to Richard Hodges, a retired middle school principal and former basketball coach, and the couple have four boys, who were all successful athletes at Pentucket Regional High School, with one following in the footsteps of being a high school coach.

Marion's athletic days at WHS started in 1955-'56 when she was a seventh grader on the JV team. She graduated in 1961 as one of the top three sport athletes of her generation and is among one of the all-time best female athletes to ever play for the Wildcats. Today she is 77 years young, and she has incredible energy and passion for sports, in particular field hockey.

"It's been over sixty years now since I picked up my first field hockey stick and for anyone who really plays, you can ask (former Rockport coach and Athletic Director) Maire Ryan and all of them, it's a passion that you have for the sport," said Hodges. "Then to watch the kids in the sport and their interactions with each other, it's just such a great thing to watch. I just love being there. I know that I am not perfect at all. I do the best that I possibly can."

Hodges retired as a middle school math teacher at Pentucket Middle School four years ago. She easily could have hung up the field hockey whistle, but chose not to. Why?

"It's called K-I-D-S. I absolutely adore being around the kids. I love to see them play. I don't get flustered easily while officiating. I had one coach yell at me this year but she later apologized. I don't get flustered because I just love being there and love being able to watch the kids play. That's why I continue to do it. I thank God every single day that I can get up and do it because a lot of people are not as lucky as I am."



Marion (Halpin) Hodges and her husband Richard are proud parents of four boys, including Benjamin, who along with his wife Jillian, got married in July of 2019. Joining in on the family picture during this special moment include front row: Reese Nazzaro, Brynn Hodges, Brylee Hodges and Bryce Hodges; The back row from left is Richard, Jillian, Benjamin, Marion and Cooper Nazzaro. (courtesy photo).

THE OLDEST PIONEER

Marion is the oldest of five children with sisters Judith, Lillian and Janis, along with her brother Ralph.

Lillian didn't play sports, and she went on to become a longtime third grade school teacher, recently retired and is living in Vermont. Janis and Ralph graduated in the same year of 1973. Janis played volleyball and field hockey for a year, while Ralph was a member of the cross-country and track teams.

"Ralph is handicapped and he ran cross-country for Mr. Kelley," said Marion. "When we all went to see him run, we just all cried. He would come in a half hour after everyone else, but Mr. Kelley would have everyone lined up, clapping for him."

Certainly Mr. Kelley had a profound effect on hundreds of students and student-athletes during his long career at WHS, but certainly he had a strong connection with many members of the '61 class, including Marion.

"Mr. Kelly was like a father to me. He's the one who always went to bat for me. He was my math teacher and he would call me 'lefty'. I would sign up for the boys track team every year and he would tell me that I could compete with the boys, so eventually he started up the girls team (after I graduated). There was just something about that man, where he and I just clicked. That whole class of 1961 just clicked with Mr. Kelly. I had him for three match classes – just missed during my sophomore year with geometry. He would always tease me and I was always in his room. I loved that guy so much. He went to bat for me so many times."

The Halpin's first lived in Roxbury and moved to Wilmington when Marion was in the sixth grade.

"My first encounter with basketball was when I was living in Roxbury and some kid hung a peach basket in a tree and put a hole in it," she recalled. "He said 'you gotta learn how to do this sport. Just shoot at the peach basket'. That was my first thing with basketball, probably about the fourth or fifth grade. Then I went to the gym at the church and the big thing was the two-handed shot from about half court – you didn't get three-pointers (back then)."

The family then moved to Wilmington where for Marion she was really the first of her family to compete in athletics.

"My parents had no money," she said. "My dad did run the Boston Marathon, but my mom never really did anything with sports. My dad was a great supporter of me. There were there of us born the same year, my uncle, my cousin and myself and they were boys, so I played with the boys, so I was a Tomboy."

The 'tomboy' also was the oldest sibling, which she said was great but also difficult sometimes.

"I was the oldest so everything was always my fault. I was the pioneer – so Judy could go out because I went out, Judy could do this because I could do it. Sometimes I think it was hard for them. Judy was a very good athlete too."

Judith (Halpin) Zaino, Class of '63, was also a three-sport athlete. She was a co-captain of the field hockey team, and ended up as a three-year varsity player for field hockey, basketball and softball, and was also a league all-star in hoop and member of the National Honor Society.

A GREAT COACH

In last week's Town Crier, we ran a story on Alice McCarthy as part of our 'legendary coaches' series. Hodges played for McCarthy five years of basketball (Marion's senior year Georgia Dadoly became the coach), four years of softball and three years of field hockey.

In the story on McCarthy, Hodges told the story of how she learned to take a hook shot, which helped her become such an elite player.

"We were only playing three to a side and we only had two dribbles," she recalled about the old rules of the game. "Alice came up with a down the center play and a sideline play. She actually made a play around my shot. She knew where I shot from and she set up a play and said 'I want to try this' so it was a pass-pass and I took the shot to the left of the foul line. That was the goal for me to get the ball at that spot.

"You had six girls (combined) playing at the time. You would pass the ball in the middle because you would only get two dribbles so I had to get the ball, take my dribble and then shoot."

In 1958-59, the girls basketball team finished in second place in the league standings, with an 8-4 record as the team had several outstanding players including co-captains Gertrude "Pudgy" Cushing, a WHS Hall of Famer, and Judy Rosselli. Before that season started, the field hockey team finished 4-1-3.

In 1960-'61, the field hockey team finished 5-2-1 and Marion along with Elaine Sullivan were the team's top scorers.

"I never even knew there was such a thing called field hockey so I went out for football cheerleading. Alice told the coaches not to pick me because she wanted me for field hockey, which actually was a great thing because I have been in the game of field hockey now for over fifty years and I never would have done it had I made the football cheerleading squad. I credit Alice for that."

Hodges was asked how good the players and the teams were back at that time.

"It's hard to say how good we were because of the fields we played on. When we played Chelmsford, we would look up on a hill for the field and see the cows. We never really had a field hockey field (to play on), but Alice would always speak up for us (to try to get us better playing conditions)."

As a co-captain, the basketball team finished 8-8 that season. One of the highlights of that season was finally beating Tewksbury as Esther Corum scored the game winner in the final seconds. Halpin finished the season with 161 points with teammate Loretta Dawson right behind with 160.

Hodges played at WHS before Title IX. She was a league all-star during her junior season. Upon graduating, she received the Boosters Scholarship to attend Gordon College in Hamilton, Mass.

"I didn't have any money to go to Gordon College and they raised the scholarship to five-hundred dollars and it was just what I needed and I know Mr. Kelly helped with that," she said.

NEW BEGINNINGS IN COLLEGE

While at Gordon, Hodges played every sport imaginable.

"You name a sport and I wanted to be in it. I played basketball, softball, volleyball, tennis and ping-pong. There was nothing to do in the fall so I went to Hal Murdoch the Athletic Director and said we really need to have something. He said, 'what do you suggest'? I said 'field hockey'. We had some old sticks at the school and so he said 'where are you going to play'? I said 'if I find a field, will you give it to us'? I found one and then he said, 'what are you going to line it with'? I said 'lime'. I actually put Lime in a coffee can with a hole at the bottom of it and lined the whole field. When it came to doing the circles, I put a string on my foot and struck out a radius and went around the striking circle."

After finding the field, lining it up and getting sticks, Hodges said there was one more thing that was missing.

"We didn't have any players! My roommate and I went through the school and we found maybe two or three kids who had played lacrosse. Then we got some other kids who didn't have anything to do that afternoon. We brought them out, stuck them with sticks and told them to stand there and not let anyone go by you. It was quite a thing," she said.

She made quite the impact at Gordon and that was evident when she was inducted into the school's Hall of Fame. Gordon College sent the Town Crier the script from that evening when Hodges was inducted into the HOF.

"Today we have the honor of inducting Marion (Halpin) Hodges, Class of 1965, as our newest member of the Gordon College Hall of Honor! Known fondly as "Nonie," this student-athlete made Gordon history by founding the College's Field Hockey

HODGES C3W





To the left, Marion Halpin playing field hockey at Gordon College; middle is her famous hook-shot while playing basketball at WHS.

those first days is a testimony to what a determined student can accomplish with a vision and a can with string attached to it. She can fill you in later with the full story.

Nonie was also a Women's Basketball player for four years and was named the Most Improved Player her sophomore year (1962-1963) and the Captain and Most Valuable Player during her senior season (1964-1965). After graduation, Nonie continued her basketball career as a member of a semi-professional basketball team - the Salem Royals.

Nonie's athletic exploits didn't end there however. She was a four-year starter on the softball team, she won two trophies due to her golf prowess, she contributed to the volleyball program during the Fall King's Tourneys, she tried her hand at tennis and ping pong, just to name a few.

We are not the first institution to honor Nonie either. She has already been inducted into the Wilmington (MA) High School's Hall of Fame and the New Agenda: Northeast Women's Hall of Fame. Also, the Cape Ann League created the Marion Hodges Sportsmanship Award given annually to the Cape Ann League school that best represents "how the sport of Field hockey should be played", honoring how Noni coached and officiated their events.

Nonie's reputation in this region is well respected and much revered. Maybe because she has officiated the sport of Field Hockey locally for nearly fifty years and the sport of basketball for twenty. Now that takes guts and stamina! There is always more that can be said about any honoree, but my last words before I pass the microphone to others are "please welcome Marion "Nonie" (Halpin) Hodges, Class of 1965, to the Gordon College Hall of Honor."

ALWAYS WITH HER WHISTLE

Hodges immediately got into coaching after she graduated from Gordon. She started with several different female sports at the Brookwood School from 1965-1970, moved to Wenham Junior High from 1970-1975 and also worked at the Governor Dummer Field Hockey Camp from 1975-'77. In Groveland where she and her family have resided for over 50 years, she coached little league, youth soccer, served as the middle school boys' basketball coach which won a championship, and she also served as a member of the Pentucket Basketball Boosters, is the former president of the Pentucket Wrestling Boosters and also served as a member of the Whittier Tech Vocational School Boosters Club. Outside of sports, she served as a member of the Groveland Recreation Committee and helped planned events for the Groveland Day and Fourth of July.

She started officiating field hockey games in 1969, serving as the assigner of the Cape Ann League, Northeast Conference and the Private Schools from 1986-2012, and throughout that time she also worked to train new officials.

"It was always a pleasure seeing Marion Hodges," said former Tewksbury High Field Hockey coach Pat Ryser. "I knew Marion way back, through field hockey. It was great when I would see her coming to officiate my game. We had many great conversations about things on the field and off. She was a very good official that would call a fair game. Marion had great communication with the players and coaches. Field hockey was a game she loved to officiate, you could tell by the way she conducted herself on the field with grace and poise."



Marion Hodges was inducted into the Gordon College Athletic Hall of Fame last year. Her husband Richard, who she met while at Gordon, joined her on this special occasion. (courtesy photo/Gordon College).

Added former Wilmington High and current Andover High coach Maureen Noone, "Marion is a very kind person. She loves what she does. She is always nice to the kids and stresses sportsmanship."

In addition Hodges officiated girls' basketball for 20 years and was the Commissioner of the Cape Ann League and Northeast Conference. Besides all of that, she was longtime teacher, first for seven years at the Essex North Christian School in West Newbury. She was a longtime substitute teacher throughout the Cape Ann League towns before spending her final 20 years as a math teacher at the Pentucket Middle School.

"I would teach, go into the bathroom and change into my officiating uniform, go and do a field hockey game and then if it was a parent night, I would run back, change again and do whatever we had to do," she said.

Marion did all of this - all of it -- while raising four boys. Their son Benjamin was a basketball scoring champion in the Cape Ann League, playing for Pentucket. He later became the head boys basketball and golf coach at Masconomet, including being named the Lawrence Eagle Tribune Golf Coach of the Year in 2005. Stephen, Matthew and Timothy were all wrestlers.

Their father Richard, was the Hamilton-Wenham girls' basketball coach in the 1970s and took one team to the North Sectional Final, after beating Ipswich for the first time in program history. He also served as a coach on the Salem Royals, the semi-professional team that his wife played on after she graduated from Gordon College.

"We met while we were at Gordon," said Marion. "He coached for the Royals for three years, coached at Hamilton-Wenham and then in 1993, we both stopped coaching so we could watch Ben play. He was a principal at the North Reading Middle School and retired about ten years ago. We will be married for 54 years this June."

Besides the soon to be 54 years of marriage, Hodges has been involved in high school field hockey as an official, just completing her 51st season.

"In 2018, I was officiating a game at Wilmington High and I realized that was the 60th year from when I first picked up a field hockey stick at Wilmington," she said. "I asked (Wilmington High) coach (Leanne Ebert) if I could get a picture of myself with the captain (Molly Foley) because it had been sixty years. She said 'no, not unless you take these' and the team presented me with flowers. Evidently my sister Judy had called the school and told them. That meant so much to me."

Hodges was asked about spending 60-plus years with one sport.

"God has blessed us with some wonderful memories. The friendships, the people you have influenced in your life and that whole fact of not knowing what other people are going through and this is why sports are so great. Kids get to go out onto the fields, especially during this pandemic, just to see the Cape Ann League as I did mostly their games and just seeing the kids out there and enjoying themselves is just such a wonderful thing.

"I did about 12 games this past fall. I usually do about thirty games a year but I did less this year because teams played less games with COVID-19. It's been great because half of the coaches I deal with now, were players back when I first started as an official. Maire Ryan, who played at Newburyport, Donna Anderson (of Triton Regional) and so many of them played then and are still coaching today. It's been a great sport for me. I just love it so much."

The best seasons in WHS Wrestling History: 2000-'01 & '05-'06

In the last two editions, we started the series on the most dominating WHS winter sports teams from previous seasons. The series started with the 2001-2002 Boys Basketball team and last week we ran the 2006-'07 Girls Hockey team which advanced to the Division 2 state semi-final game.

Below is another installment with a look back at the two best seasons of WHS Wrestling history, 2000-01 and then 2004-05.

The story below comes from many previous stories all written by Jamie Pote during those two seasons.

By JAMIE POTE
Sports Editor

jamiepote@hotmail.com

WILMINGTON - It's hard to believe that it's the 20th anniversary of arguably the greatest Wilmington High School wrestling team ever assembled.

The 2000-'01 Wildcats finished the regular season with a 12-7-1 overall record, the best record at that point in program history. The team went on to crown four champions at the Cape Ann League Championship Meet taking second as a team, and the week after, the 'Cats had a program best second place finish at Division 3 North Sectionals crowning two champions before moving on with one champ as Wilmington finished sixth at the D3 state meet, before one wrestler closed out his season by participating in the All-States and New England Meets.

Certainly there's other times that posted 16 and 17 win seasons and had multiple state champions, but this 00-01 season stood out for many reasons, among them a deep, talented pool of incredibly hard working grapplers with some of them pretty funny during their interviews, and a coach, Mike Pimental, who was named both the Cape Ann League and the Division 3 North Coach of the Year.

After finishing with a league record of 7-1 - only blemish to league and state power North Andover, the 'Cats went to the CAL Championship meet and gave the Scarlet Knights a run for their money. North Andover finished with 198 points, compared to Wilmington's 182. The Wildcats had a stellar performance with four champions, including seniors Marc Sollazzo and Peter Reitchel, and two sophomores Roman Walsh and Derek Hanley.

Besides those four, five others wrestlers advanced to the final match and were defeated. Those five included Justin Strem, Mike Murphy, Chris Minghella, Sang Ngo and John McMahon. Also Joe Cotto and Jason Cranford finished third.

There were many outstanding performances and moments from that day, but several really stood out including Reitchel and McMahon. Reitchel was ecstatic when he won, and he said that going to a summer wrestling camp was the biggest reason why he celebrated.

"When we were getting up at 5 am and running miles, I was like 'why am I doing this? Why are we getting up this early? I haven't even had my breakfast yet'. But all of that was such a good experience for me."

McMahon finished second and the fact that he got to the finals was a near miracle in itself as he was sick throughout the entire week leading up to the match.

"I talked to John on the phone when he missed school," said Pimental. "And he told me not to worry. He said 'Coach, you know I'll be wrestling for you if they have to wheel me out on the mat'. John looked like death warned over him, but he did not quit. He sucked it up and did as well as he could."

With 11 wrestlers finishing in the top three of their individual weight class, you would think the entire group would have wanted to leave the gymnasium and start celebrating as quickly as they could. Not these guys.

"My kids are animals on the mat but when they come off the mat, it's incredible," said Pimental. "Most of the kids are honor roll students. Saturday was exciting. One minute the kids are heartbroken because they didn't win the league championship. In the same minute, they are helping the Georgetown kids roll up the mats and carry them to wherever they needed to be. I didn't tell them to do that."

The following week the incredible success continued when the team finished second at the sectionals which included ten different kids placing to advance to the state meet.

"Last year (1999-2000 season) we finished fifth as a team (at the sectionals). This year we outlined a lot of team goals. One of them was to finish third at the sectionals. Once the season started, I changed that to second place because I believed that the kids could do it. We prepare the kids to be ready, condition wise and technique wise. After that, it's all up to them.

"Before the sectional meet started, we got together and I told the kids that if they believes in themselves and each other, they could be champions. We didn't win it, but these kids are champions for what they accomplished."

In that meet, Sollazzo (152) and Hanley (135) were crowned sectional champions. They followed five previous wrestlers who had done it with Mike Russo (1980), Brian Belmore (1981), Brian Murray (89 and 90) and Billy Tate (94 and 96) as two-time champs and then Kenny MacDonald (94).


The WHS Wrestling team from 2005-'06 captured the program's first and only Division 3 Sectional Championship title.

Besides the two champions including Hanley winning in double-overtime, Roman Walsh lost in the finals to take second, Ngo and Reitchel finished third, Murphy was fourth, McMahon, Strem and John DiPasquale were fifth.

At the D3 state meet held at Wayland High, Wilmington finished sixth as a team. Sollazzo was crowned a state champion, beating Matt Newton of Wayland to improve to 37-3 at the time with 27 pins. Hanley finished third, which was the highest place finisher of any sophomore in program history and Minghella was fifth.

"It's the best finish we've ever had," said Pimental after that meet concluded. "This season has really been something. To have ten guys here and four of them place, that's something the team should really be proud of."

Sollazzo advanced to the all-states taking fourth, before going to the New Englands and losing in his first and only match.

2004-'05

While the 2000-01 team finished second at the D3 North Sectionals, the 2004-'05 team came away with the program's first and only D3 North Sectional Championship title.

"We talked as coaches at the beginning of the season that we had a chance to do something very good this season," said Pimental to the Crier after that exciting day. "It ended up that way here with the sectional championship. No matter what, we just hoped that the team would peak at the right time. It was great to see all of the kids put it all together this past weekend."

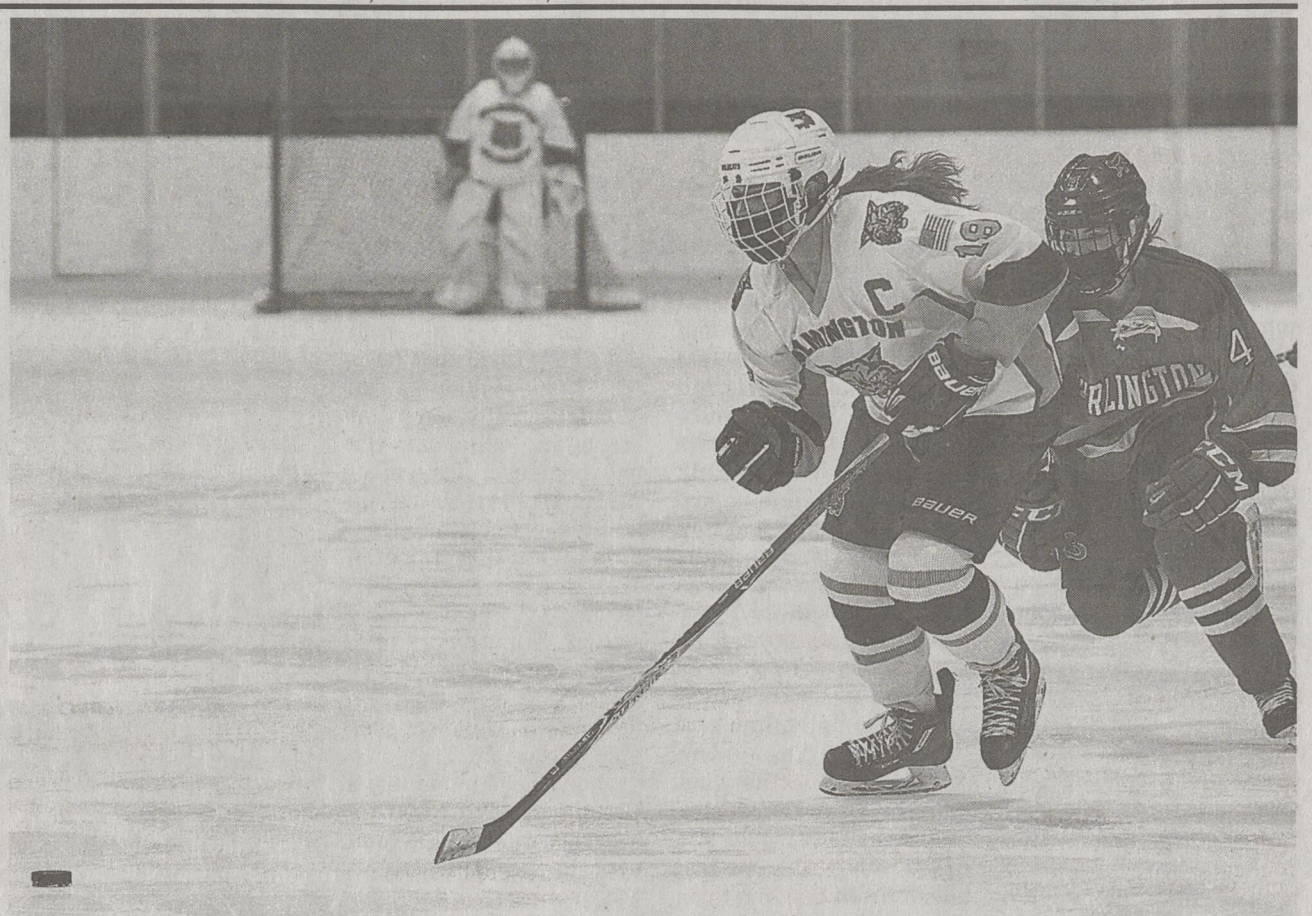
Wilmington finished that regular season with a 6-2 league record and a 12-8 overall record. It was the fifth straight season with a winning record. The 'Cats then started the post-season off in style at the Cape Ann League Championship Meet taking second place as a team. Both Mike St. Aubin and Jon Kelley were crowned individual champions, while, Nathan Clapp, Tim Sughrue and Anthony Almeida were finalists, and Greg Boland and Chris Olson both finished in third place.

That set the stage for the sectional meet. In exciting fashion, St. Aubin became the only champion, beating previously undefeated Matt Pearson (25-0) of Quabbin Regional, 6-5. Sughrue, Almeida, Evan Walsh and Kelly all advanced to the finals, but were defeated.

In addition, Mike Sorrentino placed third, Olson was fourth. Boland was fifth and Clapp was sixth.

At the D3 states, St. Aubin finished third and Walsh was fifth. The week after, St. Aubin closed out his tremendous season by taking fifth in the entire state in the 135-pound weight class.

Wildcats score 15 goals in three games, earn three wins



Wilmington High senior captain Zoe DeRose carries the puck up the ice under pressure from Burlington Shannon McDonald during an earlier season home game. (photo by JoeBrownphotos.com).

By DAN ZIMMERMAN
Sports Correspondent

sports@yourtowncrier.com

WILMINGTON -- Through the early weeks of this season, when the Wilmington girl's hockey team was grappling with subsequent narrow defeats, one had to wonder when this talent-laden club would snap out of its scoring doldrums.

They answered that question, quite loudly in fact, by putting fifteen pucks in opposition nets during the final three games of the regular season.

With this newfound success down the stretch, Wilmington wrapped up the 2020-21 regular season with a 3-2-2 overall record and finished third of the five teams in the Middlesex Freedom League.

"We succeeded despite the lack of continuity," said fourth-year head coach John Lapiana. "We were on the ice once, maybe twice a week since the start due to the COVID-19 restrictions and some weather. It has taken all season to get to this point, where we're finally starting to make hockey plays. I am so proud of these girls"

Last Wednesday, the Wildcats banked their first win of the COVID-19 shortened campaign, handily defeating the Wakefield Warriors, 4-0. In the first meeting between these teams, in late January, Wilmington was forced to settle for a 2-2 finish after allowing Wakefield to rally back with a pair of late goals. But in the rematch, the Wildcats asserted themselves with four first-half goals and made it stand up.

Four different Wildcats contributed, including Kiley Flynn, Lily MacKenzie, Gabby Daniels, and Ida Bishop. The rapid-fire scoring occurred in a six-minute burst and was the result of line-juggling on the part of Lapiana.

"We made some line adjustments that we expected would create a mismatch," the coach explained. "The girls executed and the change resulted in two goals in two shifts."

Further positional tweaks created added offensive opportunities and another pair of goals, according to Lapiana. With the game more or less out of reach of Wakefield, it was up to the Wildcats' senior contingent to play "strict and disciplined hockey" and assure the shutout victory.

In the first of two with the Stoneham Spartans, Wilmington took control early, scoring in bunches. Daniels put the Wildcats in front four-minutes into the game, off a nice feed from MacKenzie.

Stoneham answered quickly, however, knotting the contest on a goal from their top scorer, Kaylee Cronin. In response, Wilmington exploded with five to take a commanding 6-1 lead. Katelin Halley started them, followed several minutes later by Zoe DeRose, who tallied on the power play. Bishop's score with 5:29 remaining in the first-half represented the eventual game-winner but there was more to come. MacKenzie added a shorthanded goal, unassisted, and later, Ashley Mercier made it 6-1 for the Wildcats.

Stoneham picked up a couple in the second period but never threatened. With 3:27 left, Bishop drilled home her second of the night to wrap it up.

The rematch with Stoneham, staged Monday afternoon at the Ristuccia Arena, also marked the regular season finale for both clubs. Stoneham, as Wilmington soon learned, had vastly improved since they had met two days earlier. Their coaching staff deployed a modified defense that, for the most part, handcuffed the shooters. Mercier managed to filter into the slot but missed by inches, sailing one over the crossbar. And Bishop, not to be denied her chances, tested goaltender Grace Connell after catching the Spartans on a defensive line change.

At the other end, Spartan speedster Hannah Connolly leveled a blistering wrister earmarked for top shelf only to be robbed by Maddie Sainato, who flashed the catching glove to preserve a scoreless tie.

"This was a pair of evenly-matched teams going at it, in both games," said Lapiana. "While we would prefer three periods of hockey instead of two halves, which makes it difficult to furnish adjustments, we seemed to be getting through to the girls."

Lapiana swapped goalies for the second half - a planned move - substituting Sainato with Megan Mularky, who yielded a goal soon after play resumed. Striking first was Kaylee Cronin, who one-timed an idle puck in the left circle to put Stoneham in front.

Bishop came through in the clutch, beating Connell on a follow-up, seconds after Stoneham had effectively killed off the first penalty of the afternoon. While the Spartans tried to get players back in position, Bishop took advantage of the confusion. Toni Brunetto and Halley provided the helpers on the game-tying goal.

Stoneham recaptured the lead, 2-1, with 16:44 remaining. In earlier games this season, such a setback might have spelled trouble for the Wildcats but not in this instance.

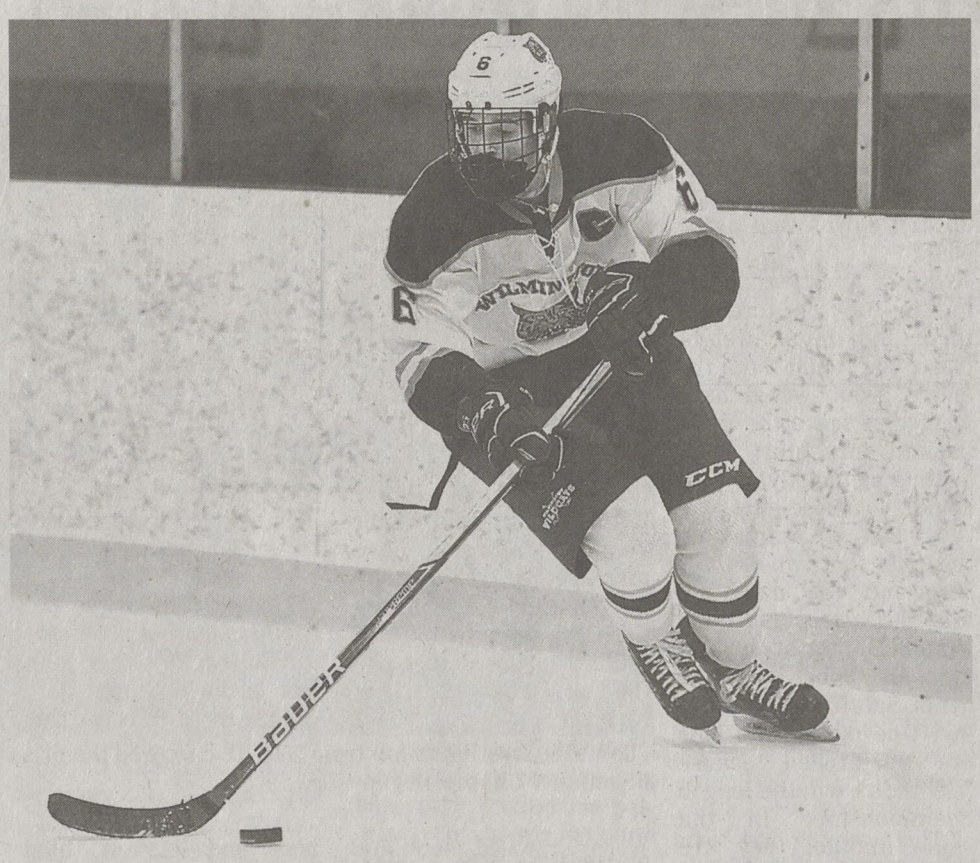
With 13:51 left, Halley lugged the puck over the line, split the defense, and fired one home to tie it, unassisted. But she wasn't quite finished. Just 27 seconds later, with help from MacKenzie, Halley put Wilmington in front for the first time, 3-2.

DeRose later added insurance, sending one through traffic off a feed from Maria Hernandez.

"Over the last three games, our seniors have led this team exactly the way we needed them to lead," said Lapiana. "You never know what you're going to get on Day One of the season. We want to win games and win our league, but ultimately, we want the girls to have a positive experience and finish the season better than we started it."

Wilmington traveled on Wednesday to face Woburn in the opening round of the Middlesex Freedom League tournament on Wednesday with results not known as of presstime.

Spartans top 'Cats in a pair of 4-1 contests



Earlier in the season, WHS senior captain Peter Kourkoutas provided some spark up front for the Wildcats before an injury ended his season. He continued to provide strong leadership for the team despite being out. (photo by Bob DeChiara).

By MIKE IPPOLITO
Sports Correspondent

sports@yourtowncrier.com

WILMINGTON - This was not exactly how the Wilmington High Boys Hockey team wanted to spend their Senior Day.

Facing a powerhouse Stoneham team, the Wildcats simply could muster enough offense to pull off the upset, falling by a score of 4-1 to drop their record on the season to 1-5-3. Stoneham, meanwhile, improved to 5-1-1 on the season on their way to wrapping up the Middlesex League Freedom Division two days later when they once again defeated the Wildcats by the same 4-1 score.

Saturday's game was somewhat of an exercise in frustration for the Wildcats, who actually competed very well with the Spartans, trailing only 1-0 at the end of the first half, and tying the game early in the second half. But the inability to consistently put the puck in the net once again came back to haunt them, as despite their best efforts they could not keep up with the powerful Spartans, who outshot the Wildcats 32-23 for the game.

"Scoring goals has been a problem for us for the past couple of weeks," Wilmington coach Steve Scanlon said. "We are doing a lot of shooting from forty feet out, but nothing in close. At least these last couple of games we had two good halves of work. For two or three games in a row before that, we were playing only one half of the game and that was really nerve wracking. I thought the effort was good all night tonight."

Stoneham got the better of the play in the opening ten minutes or so of the first half, but senior goalie Sam Cedrone was equal to the task for the Wildcats, making several big saves to keep the game scoreless. Cedrone had no chance however, on Stoneham's first goal of the game, when the Spartans Gavin Tobias was left uncovered in front and potted a rebound high into the corner for a 1-0 lead with 9:55 left in the period.

"We should have had a defenseman or a forward in front, and we had neither," Scanlon said. "Most teams in the league are going to score that goal when you are that wide open."

Stoneham continued to pressure the Wildcats for much of the rest of the period. The Spartans put Cedrone to the test several times, particularly on a great individual effort by Joseph Kranufuss, who made a great individual effort for a nice opportunity with 5:28 left in the half, but once again Cedrone was equal to the task with a nice pad save.

Wilmington senior James Kourkoutas had a nice bid of his own from the right faceoff circle with 4:20 left in the half, but he was denied and the teams went to the break with Stoneham leading 1-0.

Wilmington wasted no time at all in getting the equalizer early in the second half, when senior assistant captain Chris Bernazani put in a rebound of a Matt Pendenza shot just 20 seconds into the frame. Pendenza put a nice shot on the Stoneham goalie and the puck nearly trickled through, but before the keeper could reach for the loose puck, Bernazzani slammed it home to tie the game.

"We got off to a great start there in the second half, and looked like we had some momentum going, but we just couldn't keep that going," Scanlon said.

At least part of the reason they were unable to sustain their momentum was that they were spending too much time in the penalty box, with Kolby Horgan giving the lead back to the Spartans with 12:54 left in the game on a power play goal to make the score 2-1.

A short while later, the Wildcats were back in the box, picking up back-to-back penalties, being forced to kill off a 5-on-3 situation for 54 seconds. They did indeed kill off both penalties, but any hope of regaining momentum was gone.

"Penalties continue to be an issue for us," Scanlon said. "You get some momentum going and you feel a goal possibly coming and then we stop our own momentum with a penalty. It goes on every game."

Senior goalie Alex Fitzler replaced Cedrone in net in the second half for the Wildcats. Like his teammate, he made several big saves to keep his team in the game, with his best stop coming with four minutes left on a terrific pad save to keep the deficit at 2-1.

"They are both very equal," Scanlon said of Cedrone and Fitzler. "We have been alternating, but with it being Senior Night, we wanted to give each of them a half, and I felt like they both played great. If you leave people uncovered, they are going to score goals in this league."

Fitzler had no chance on the Spartans next goal, when Horgan scored his second goal of the game with 3:27 left on a nice wrist shot. Stoneham would add and empty net goal with seven seconds left for the 4-1 final.

Scanlon was disappointed with the loss, but understands that it is more difficult than usual for his team to snap out of their scoring slump.

"The goal for this season was to give the players a place to play and a chance to play. Records and things like that are going to be secondary, but in a small ten game season when you go into a dry spell it is tough to come out of," Scanlon said. "In a 20-game season, if you are struggling scoring for a couple of games, you can snap out of it, but it is tough in a season like this."

The Wildcats finished up their regular season on Monday afternoon with another 4-1 loss to Stoneham, this time at Stoneham Arena. Stoneham jumped on top early this time around, scoring twice in the first five minutes, including one power play goal.

After killing off three more power plays the Wildcats cut the lead in half when Anthony Savage's shot from the point got redirected by Chris Bernazani to make the score 2-1 and that is how the teams would go to the half.

In very similar fashion to Saturday's game, the Spartans would add two late goals, one of them an empty netter for the 4-1 final, wrapping up the Wildcats regular season at 1-6-3.

The Wildcats were back in action on Wednesday night, taking on Reading in the first round of the consolation round of the Middlesex League Tournament. Results of the game were not available as of the Town Crier's press time.

Peckham Scholarship available for senior wrestlers

The Peckham Scholarship committee is now accepting applications for Massachusetts graduating seniors who are planning to wrestle in college. The committee will be awarding two scholarships in the amount of $1,500 to one public school wrestler and to one prep school wrestler. Applications are due by April 15th!!

The application is available on our website at: https://nwhof.org/.../02/Peckham-Scholarship-Application.pdf

Read more about James Peckham and this wonderful scholarship on our website at: https://nwhof.org/massachusetts/james-peckham-scholarship/

Behind 34 points from Mallinson, 'Cats collect first win over Stoneham

By MIKE IPPOLITO
Sports Correspondent

sports@yourtowncrier.com

WILMINGTON - After having come so close to picking up their first win on a number of occasions only to come up short, the Wilmington High Boys Basketball team had to be wondering if they would ever end up in the win column this season. Well, on Saturday afternoon, the Wildcats finally got their answer, picking up a 76-66 win over Middlesex League rival Stoneham at the Lawrence H. Cushing Gymnasium.

It was a total team effort for the Wildcats, who got scoring contributions from several players, but it was junior guard Tommy Mallinson who led the charge for the Wildcats with a career high 34 points, including a school record tying nine three-pointers.

The Wildcats led throughout, jumping out to leads of 15-9 at the end of the first quarter and 33-25 at the half before basically putting the game out of reach with a big third quarter.

"That was a great win for us," Wilmington coach Dennis Ingram said. "Some of it was just that shots were falling for us, but the other thing was with Tommy scoring the way he did, it freed up some of the other guys and they responded and also played very well."

In addition to Mallinson's sharp shooting, the Wildcats also got a pair of three pointers from both senior DJ Ricupero and junior Will Doucette, while junior Tyler Rourke also added a three pointer. Overall, Ricupero had nine points, as did senior captain Jimmy McCarron, while Doucette had seven points and Rourke had five.

"It was great to get so many kids involved," Ingram said. "And it was great to see all of the kids so engaged the entire game, from the five guys on the floor to the kids on the bench. We played a full 32 minutes like we had talked about needing to do

"It was great the night that Tommy had, and he has been so great for us all season, but so many kids contributed. The kids have been working hard, so it was real nice to see them get the win. They guys were really pulling for each other the entire game, so that was nice to see,"

The Wildcats led 50-35 at the end of three quarters, but Stoneham fought back in a wild fourth quarter, outscoring the Wildcats 31-26 over eight minutes.

"The pace of the game totally changed in the fourth quarter," Ingram said. "Give Stoneham credit. There was no quit in them."

It was a very different Stoneham team that hosted the Wildcats on Monday afternoon at Stoneham High, as the fourth quarter version of the Spartans showed up for the game this time around, and Wilmington fell by a score of 54-44, closing out their regular season with a record of 1-9. As fluid and precise as the Wildcats looked on Saturday, Monday was much different.

"Today was kind of like a wrestling match," Ingram said. "It was just the total opposite of Saturday, it was more like a dogfight. You could see the two different styles. Stoneham was trying to slow things down as much as possible, and we were trying to play as fast as we could."

Things actually started off well for the Wildcats in this one, as they led 15-5 early on and still led 28-27 at the half, but from there it was a struggle offensively. Stoneham outscored the Wildcats 18-6 in the third quarter, and 27-16 for the entire second half.

"We were just really snake bit in the second half. Nothing would go in," Ingram said. "One you fall behind the way we did, you find yourself chasing the game, and we do not play well when we try to do that."

Mallinson once again led the Wildcats offensively with 13 points, while Doucette chipped in with nine and Rourke had eight.

The Wildcats were back in action on Wednesday afternoon in another rematch with Stoneham in the first round of the Middlesex League Tournament. Results of the game were not available as of the Town Crier's press time.



Wilmington High senior Jimmy McCarron drives to the basket during an earlier season home game. (photo by Bob DeChiara).



WHS junior Tommy Mallinson, shown here during an earlier home game, scored 34 points including nine three-pointers, which tied a school record, in the team's first win of the season this past Saturday against Stoneham. (photo by Bob DeChiara).

Girls Hoop team overcomes slow start to defeat Watertown

By JAMIE POTE
Sports Editor

jamiepote@hotmail.com

WILMINGTON – Prior to last Wednesday, the Wilmington High School girls' basketball team went eleven days between games and had one practice, thanks in part to COVID outbreaks and the multiple snow storms.

The cancellation of those games forced Wilmington into a no-win, tough situation, playing five games in six days. That stretch started last Wednesday and the time off really showed as the Wildcats were defeated by Watertown, 40-29.

The next night, Wilmington traveled to Wakefield to face a team that they had defeated by six points back in January 16th, and still the understandable rust was displayed as the 'Cats fell for the second straight night at 46-41.

On Friday, Wilmington returned home to face Watertown for the second time in three nights. Early on, it looked as if the rust would continue to stick with the Wildcats. The visitors had built a 10-0 lead through the first 4:59 of the game, which included junior center Taylor Lambo scorching the Wildcats with eight of the team's first ten points.

That forced WHS head coach Jessica Robinson to call a timeout where she first wanted to settle down her players, and secondly change up the defensive strategy.

"We took a timeout so they could regroup and they responded," she said, noting that Wilmington went on to outscore Watertown 42-17 the rest of the way for the 42-27 victory, a turnaround of 26 points in the two games.

"At that point I could have sat back and enjoyed the game because the girls just took over," she added with a laugh.

Out of the timeout, Wilmington closed the quarter out on a 5-0 run and then trailed 12-7 just 2:30 into the second quarter before ending the final 5:20 on an 12-0 run led by baskets from Alexa Kelley, Kylie DuCharme, Jessica Collins and Emily Watson as well as going just 4-for-8 from the line.

Defensively, Wilmington totally shut down Watertown, including Lambo, who after her fast start with eight points, scored ten the rest of the way with six coming on free throws.

"Once we went to our zone defense (we did a much better job defending her)," said Robinson. "I'm not a big fan of zone (defense), but against a team like that, that has a dominating post player, I thought we had to make that switch."

Lambo posted up to score the first basket of the third quarter and Wilmington answered with a 9-0 run with DuCharme and Kayla Smith connecting for two buckets each. The 'Cats closed out the quarter ahead 36-17 and cruised through the fourth, which included a basket by Elisabeth Stokes.

"This was our best team game so far this season. The girls were into it as a team, everyone contributed in one way or another and it was just a complete game by the team," said Robinson. "We had one practice in ten days, so they hadn't been together on the court for a week. After we took that timeout, they responded. They wanted this and they were bitter from (the back-to-back losses).

"We wanted to come out here tonight and send a message that we're not going to be a team that you can just walk over. In all honesty, this is the most resilient group of kids I have ever known. From everything that they have gone through this year, their resiliency is incredible. They don't let up."

DuCharme led the way with 19 points and seven rebounds, while Jessica Collins added three points, nine rebounds and four steals. Watson finished with six points, Smith and Jenna Sweeney had four each, and Stokes, Kelley and Kiara Nadeau had two each.

Senior tri-captain contributes in many ways

McCarron, a positive reinforcement on and off the basketball court

By MIKE IPPOLITO
Sports Correspondent

sports@yourtowncrier.com

WILMINGTON – It has not been an easy season for the Wilmington High Boys Basketball team. Up until this past weekend when they picked up a big win over Stoneham, they had gone winless on the season, making a season already filled with unique challenges, all the more challenging for the members of this Wildcats squad.

It would very easy for players enduring a season like this to get down on themselves or even each other without the right type of leadership. Thankfully, this was not a problem for this group of Wildcats. Thanks in large part to the leadership of their tri-captains, led in particular by senior guard Jimmy McCarron, a never ending source of positive reinforcement for his teammates.

McCarron, along with fellow captains, senior Evan Witalicz and junior Tommy Mallinson, have all played key role in helping to keep the Wildcats together as a team, and McCarron has stepped to the forefront in that regard.

Not that McCarron doesn't get as frustrated as anyone else with the things he and his teammates have had to deal with this season, including a pair of two-week shut downs due to COVID-19, one occurring in the preseason and another coming after the season was already underway.

"It has definitely been a tough process, especially trying to get ready for the season when we got shut down," McCarron said. "We had no preseason game and we had practices canceled, so we had to just jump right into the season. It really put us behind. We had workouts put in place from coach (Dennis) Ingram on a daily basis, and that was the best we could do at the time. You just do the best you can. I wasn't sure for a while that we would be able to come back, so I was very happy we were able to."

McCarron's ability to lead his teammates comes as no surprise to Ingram, who has coached McCarron since he first joined the team as a sophomore.

"Jimmy is a great kid and he comes from a great family," Ingram said. "He's the type of kid where you never have to whisper in his ear to get going. He is always ready to play, both in practice and in games. I have spoken to his guidance counselors and his teachers and they all agree that he is such a genuinely good kid. They can't say enough good things about him."

Add Ingram to the group of people who can't say enough good things about McCarron, both as a person and as a player. Ingram points specifically to McCarron's role in trying to get the season off to a good start, despite the challenges that the team faced due to COVID-19 restrictions, as well as his role in maintaining his positive attitude as their difficult season rolled on.

"He has played a huge role for us," Ingram said. "He plays baseball too, and his baseball season got interrupted too. He had his baseball season canceled, we had no summer league for basketball or fall league, but still he kept working.

"I think I talked to the captains more this off-season than in any other year, just because things were so much different this year. He kept trying to get an open gym, but we were never able to. He has been a very, positive, outgoing kid and that has been huge for us. To have a kid like him is great any year, but in a year like this, with so few positives, for him to be able to put a positive spin on things has been huge for us."

For McCarron, dealing with this year's winless season, as well as last year's 2-18 campaign has not been easy, but rather than be discouraged by it, he has instead been motivated by it, motivated to keep searching for that first victory, and keep searching to improve.

"As a leader on this team, I feel like it is essential to be positive, whether we are winning or losing," McCarron said. "I try to keep that same approach in practices and games. After a loss, it just makes me more determined, and makes me strive to be a better player and leader through adversity. We have fallen short of expectations, but we have played a lot of close games. I feel like we are close to getting a win."

Of course, one day after speaking with the Town Crier, McCarron was proven correct, as the Wildcats beat Stoneham by a score of 76-66, behind 34 points by Tommy Mallinson, with McCarron also chipping in with nine points and eight rebounds.

McCarron knows he will likely never be the player with the most points at the end of the night, as he averages six points and 7.9 rebounds per game, but he also knows he can contribute in many other ways.

"I think my strongest role on this team is as a rebounder," McCarron said. "I don't get the most touches on the offensive end, but when I do get a touch, I am able to get a big basket when we need it. I feel like I can give us some secondary scoring when we needed it and try to set the tempo."

Once basketball season is over, McCarron will be looking to set the tempo for the Wildcats baseball team for this upcoming spring season. While the start of the spring season has been delayed and won't get underway until May, it hardly matters to McCarron, who is just eager to start the season whenever he can.

"I am very excited to be back playing baseball," McCarron said. "It will be my first time playing baseball since my sophomore year, so I am looking forward to getting back to it. It will be fun to see where I am at. I have been working at it the best I can, and I will really ramp it once basketball season ends."

Of course, after baseball will come graduation and then college in September, where McCarron hopes to attend either Plymouth State or Endicott where he plans to major in business, and also hopefully continue his athletic career.

Ingram has appreciated having McCarron with him for the past three seasons and while he knows he will definitely be successful in college, he also knows how much the Wildcats will miss him next season.

"We will definitely miss him," Ingram said. "He is the kind of kid who always wants to stay in the gym and always asks if he can have extra time in the gym. Hopefully he is a kid who comes back and stays a part of the program. I know that whatever he chooses to do in life, he will be successful."

One game, two incredible milestones

FROM C1W

friends and I know other members of my family were all watching (on the livestream) just means a lot. It's super exciting and I'm just so grateful to everyone who has helped me, especially my coaches. I just really can't put it all into words. My grandparents too - they are awesome."

On top of achieving the two milestones, DuCharme had to do it during an abbreviated COVID-19 season. She missed one game earlier this season. Then down the stretch here, no one knew if she would have a chance to do it, since the season could have ended at any point with the possibility of the virus spreading.

Certainly that had to be pressure?

"Honestly, I didn't think it was that much (pressure) until today and I was like 'oh my God', but I got the rebound (milestone) so it was like 'here we go'" she said.

The rebound milestone came on the defensive end, coming late in the second quarter with the 'Cats up 17-13 at the time. She grabbed the board, and play was immediately stopped. The referees blew the whistle, and DuCharme got quick hugs from her coaches and teammates before her parents Bob and Linda met her out at halfcourt for some photos.

"It means a lot because I think sometimes (rebounds) go unnoticed and just to do it and for my parents to be here to see it, just all meant so much," she said.

She was far from done.

She closed the half out with 14 points, needing six more to reach the 1,000 point plateau. That march started with two free throws with 4:28 left in the third, an inside basket from the paint with 2:12 left which set up the stages for the big one.

Again she grabbed a defensive rebound and this time she moved with the basket up the court, running with the ball past both benches and towards the end with her parents watching. They saw a beautiful spin move, capped off by a finger roll for point numbers 999 and 1,000. Again play stopped for celebrations and pictures, while she received a strong ovation from the very classy Stoneham parents and program.

"I knew my numbers (before the game) but I had two of my teammates over there ripping off pieces of paper (saying how many more points I needed)," said DuCharme with a laugh. "They told me that they were going to do that so I knew (I was close) and it was exciting."

DuCharme - who has already signed on to play hoop the next four years at Bentley University - came into a difficult situation as a freshman. The team was under the direction of new head coach Robinson, and had a strong nucleus of seniors.

"Kylie should have been a starter but in terms of not trying to ruffle any feathers, she came off the bench and she probably led us in minutes played even though she was coming off the bench," said Robinson. "Freshmen year (she played so much) more for defensive purposes and rebounding."

That 2017-'18 season, the Wildcats finished with a 15-8 overall record, including a 2-1 mark in the playoffs. Wilmington knocked out Saugus and the No. 1 seed Lynn Classical before falling to Wakefield. DuCharme played in all 23 games and finished with 5.3 points and 8.7 rebounds per game.

"My freshman year I feel like I didn't score at all. Each year I did more and more, and it's just crazy," she said.

The following year as a full-time starter, she helped lead the 'Cats to a 13-9 overall record, including a 1-1 mark in the playoffs, first beating the same Classical team before falling to the eventual state champions of Pentucket Regional. That season, her game went to another level, averaging 13.8 points and 11.2 rebounds per game.

Last year as a junior, she again upped her game several notches. She helped the Wildcats finish with their first league title since the 2011-12 season with a 17-6 overall record, including another deep tournament run. The 'Cats defeated Dracut and Somerville before losing to Pentucket once again, this time in the Division 2 North Sectional semifinals.

"Sophomore year she started taking ownership of scoring and last year she absolutely played out of her mind, averaging 18 points and 18 rebounds a game and this year her numbers are just about the same," said Robinson. "I feel like the luckiest person to come into this job during her freshman year. I didn't know much of her but when I first saw her play I was like 'wow', I got lucky."

Through the eight games this season, DuCharme is averaging 19.9 points and 17.0 rebounds per game. On Saturday, she recorded her 52nd career double-double, which is astonishing.

While DuCharme plays a lot of basketball in the offseason with Evolution Club team, she also has played volleyball and lacrosse during her time at the high school. But heading into this basketball season was much different because of the pandemic.

"It's been tough but I think this year more than anything, I have learned to be grateful," she said. "I'm just so happy that I got a chance to play this year and to be with all of those girls who I started playing travel (basketball with at a young age), I think we all just have so much enjoyment now. We are all just so much more grateful."

She is also extremely grateful to Robinson, who in her fourth season with the team has done a remarkable job with a 50-27 record, a league title, three state tournament appearances and a 5-3 playoff record.

"(Coach Robinson has helped me) a ton," said DuCharme. "I can't even describe how much she has helped me. She has helped with my mindset a lot. During my freshman year, she really helped break me out of my shell and she told me that I could do this and do that, so just little stuff like that along the way."

Robinson made the case that the player has helped her in so many different ways as well.

"Kylie has the best personality that you could ask for her. She is bubbly, warm, kind to everyone and is just so positive. She makes everyone around her a better person and not even just a better basketball player, but she makes everyone around her a better person."

Kylie DuCharme Year to Year Stats

Year	Games	Points	PPG	Rebounds	RPG
2017-'18	23	122	5.3	200	8.69
2018-'19	22	303	13.77	247	11.22
2019-'20	23	421	18.3	424	18.4
2021	9	165	18.33	146	16.22
Totals	**77**	**1,011**	**13.12**	**1,017**	**13.21**



Wilmington High senior Kylie DuCharme lets a shot go during Saturday's win over Stoneham. (photo by Bob DeChiara).





To the left, Kylie handles the ball and looks to make a pass; and above, before breaking the 1,000 point plateau, she broke the 1,000 rebound plateau, and was joined by her parents Bob and Linda for the special moment. (photos by Bob DeChiara).

Besides the milestones, 'Cats picked up fifth and sixth victories

By JAMIE POTE
Sports Editor

jamiepote@hotmail.com

STONEHAM - Playing in its fourth game in four days - and second in a 16-hour span, the Wilmington High School girls' basketball team was hoping another win on Saturday against Stoneham would give the team at least a .500 record in the regular season.

Overshadowed by the performance and milestones of Kylie DuCharme (see related stories), the 'Cats were trailing by a point at 23-22 with 4:39 to go in the third quarter. From that point on, the 'Cats pretty much dominating the rest of the way, outscoring the Spartans 23-8 to come away with a 45-31 victory putting the team's record at 5-4 on the season.

Wilmington started the season off 0-2, losing both games to Burlington before winning three straight over Wakefield and two over Melrose. The 'Cats split a series with Watertown and between those two games came a loss to Wakefield in the second match-up.

Like the team did on Friday night in the game over Watertown, the 'Cats started out slow with just two field goals in the first quarter, leading 6-5. After a 9-2 run to open the second, the 'Cats scored just four points in the final 3:35 and were up 19-17 at the break.

Just after she scored the team's last two points of the second quarter, DuCharme grabbed a defensive rebound with 2:17 remaining, giving her 1,000 in her career, becoming the first female in the history of the program to do so.

Trailing by that aforementioned point with 4:39 to go in the third, Wilmington went to work. DuCharme converted two free throws, Kiara Nadeau drained a short jumper, DuCharme grabbed another one scoring in the paint and Emily Watson extended the lead to four with a put back, making it 30-26 with 1:07 to go.

Thirty seconds later, DuCharme made Wildcat history. After grabbing another defensive rebound, she went end-to-end, making a nice spin move in the lane for a runner, giving her 1,000 career points in her career. That bucket put her into the history books as she became the second female in the history of the program to do so, following Ashley Vitale in 2007.

After some pictures with Mom and Dad, DuCharme scored on a put-back to close out the third with the 'Cats up by eight. She kept up the momentum as she drained a three-pointer and then followed it up as she gave teammate Alexa Kelley a nice pass and suddenly the 'Cats had a 13-point lead before shifting to cruise control the rest of the way.

"This year has been so difficult so any given Saturday or whatever day you play, these kids are doing their best. I thought mid third quarter we woke up and started to take over," said head coach Jessica Robinson.

DuCharme led the way with 25 points and 15 rebounds, while senior Jenna Sweeney had six points and six rebounds. Jessica Collins had two points and eleven rebounds, while, Watson and Rita Roche had four points each, and Kelley and Nadeau had two each.

After a day off, the 'Cats were back on the court on Monday afternoon with a home contest vs Stoneham during 'Senior Day', where the senior parents were able to come and watch.

The 'Cats pushed their record to 6-4 with a 42-30 win. Jenna Sweeney led the way with ten points and ten rebounds, while, Alexa Kelley had eight, DuCharme had six, Elisabeth Stokes, Kiara Nadeau and Olivia Spizucco with four points each, and then Kali Almeida, Collins and Alessia Puccio with two each.

The team honored its seven seniors including: Alexa Kelley, Kylie DuCharme, Kiara Nadeau, Alessia Puccio, Kayla Smith, Elisabeth Stokes and Jenna Sweeney.

"The class of 2021 handled the most difficult of seasons with grace. They are such a resilient and hardworking group, I'm so lucky we got to work together this season," said Robinson. "I am so proud of all seven of them."

Additional WHS Girls Hoop coverage on B5W

A look back at the previous 1,000 point scorers in WHS Basketball History

Before DuCharme, there were five

By JAMIE POTE
Sports Editor
jamiepote@hotmail.com

WILMINGTON - Back on February 28, 2012, former Wilmington High School Athletic Director unveiled a new "1,000 point flag" in the old gymnasium during halftime of the boys basketball game against Billerica. It was a special evening and celebration as at the time three of the four people who had achieved it were on hand to be recognized for the incredible accomplishment.

Five years later, Harrison did it again, this time honoring the fifth player to do it, Connor Bennett. A member of the UMass-Lowell men's team at the time, it was difficult for Bennett to find the time to get to a Wildcat game, hence the two years. He was able to make it -- along with his entire UML team -- and he was honored before the crowd, while, Harrison had his named added to the flag along with the previous members Winston Fairfield, Mike Lombard, Eric Swiezynski and Ashley Vitale.

Harrison has since retired but that same flag hangs in the new gymnasium. And now first-year Athletic Director Mia Muzio will have to plan a day in the future to recognize the newest addition to that elite class: Kylie DuCharme.

On Saturday, the Wilmington High senior scored 25 points and added 15 rebounds to help the 'Cats defeat Stoneham 45-31 in a Middlesex League Freedom Division game played at SHS.

She entered the contest needing 20 points and 17 rebounds and she surpassed both categories with flying colors, getting her 1,000th point late in the second quarter and her 1,000th point late in the third quarter.

She joins Vitale as the second player in the history of the girls' program to surpass 1,000 points and the first player to reach 1,000 rebounds. The Town Crier did extensive research on the rebound mark and it would seem that Vitale reached approximately 850 in her excellent career.

The numbers for other previous dominating rebounders don't appear to come close to that elite 1,000 number.

DuCharme now becomes the sixth player in the history of the high school to reach 1,000 points with Fairfield (Class of 1959), Lombard (88), Swiezynski (2001), Vitale (2007) and Bennett (2015).

Ironically, all six players scored in their 1,000th point in a road game. Fairfield scored his during a 44-point night against Burlington. Lombard is the only one of the six to do it as a junior and he did it in away game at Chelmsford in 1987. Swiezynski and Vitale did it while Wilmington was competing in the Cape Ann League, Eric at Hamilton-Wenham and Ashley at Manchester-Essex. Bennett did his late in the fourth quarter of his final game of his high school career, a playoff loss to Marblehead.

Ironically again, the day that Fairfield, Swiezynski and Vitale were honored by the packed house (remember those days?) - as Lombard was coaching Littleton Boys team at the time and had a game - DuCharme turned 11 years old, with her birthday date of February 28th.

On that night, Fairfield was the first member to be introduced and no one could miss him. Standing at 6-feet-11 inches, he graduated in 1959 after playing for the late Hall of Famer Fred Bellissimo. During his senior year at WHS, he averaged 40 points a game, yes 40. He was named the Merrimack Valley Conference MVP, was a Lowell Sun All-Star, a Boston Globe All-Scholastic and finished that season scoring 558 points which still stands today as a MVC league record for one season. During his senior year he scored 50 points in a game, also a record that still stands, both in the league and at WHS.

"I am really honored," said Fairfield during that evening. "When I got the phone calls from Ed Harrison and Jack Cushing and they asked me to participate, I said gladly, anything to give back to the school that gave me my education and helped me fulfill some of my dreams.

"I was fortunate enough to get an athletic scholarship and was fortunate enough to be the first New Englander to play in the Big-10 Conference and that's all because of the people that helped me here at this high school. I just got tremendous support from the studentbody, from the faculty, from my coaches and teammates and I'll never forget that."

While at Indiana University, Fairfield was named an All-League Big-10 player, and was also on the All-American Honor Roll. After college he became an educator and most recently retired as the principal of King Philip Regional High School, serving that position for 15 years. In 2017, Fairfield passed away.

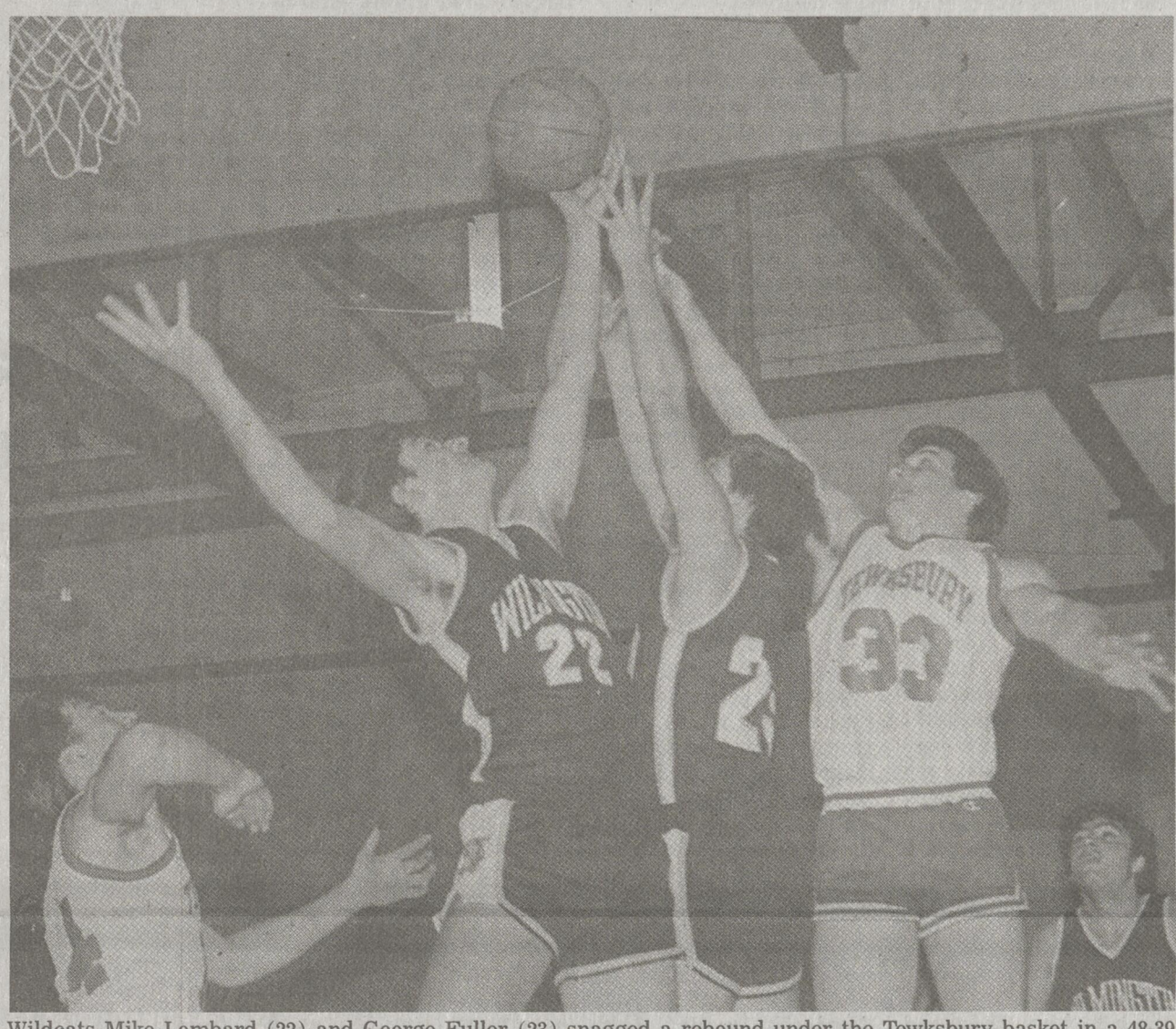
While Fairfield dominated the floor and the glass, so did another Big Man, in Lombard. The 6-foot-8 center, came onto the Wildcat scene as a freshman where the team finished 1-19 and two years later he helped the Wildcats win a Merrimack Valley Conference title.

During his senior season he was selected as the MVC Most Valuable Player as well as both a Boston Globe and Boston Herald All-Scholastic, while he was also named the Lowell Sun's Player of the Year three times.

In addition to those accolades, he received many others during his senior year including winning the Ed Lynch Memorial Sportsmanship Award, the WHS Cushing Memorial Award for sportsmanship, scholarship and athletic ability, the WHS Army Reserve National Scholar Athlete Award, while he was also named to the MBCA Academic All-State Basketball team.



Back in 2012, former WHS Athletic Director Ed Harrison, far right, held a special event, honoring the basketball players who had previously scored over 1,000 points in their careers. Present that day from left, include the late Winston Fairfield, Eric Swiezynski and Ashley Vitale. Mike Lombard was the other previous player to do it, but he wasn't present that night. Connor Bennett and now Kylie DuCharme have since joined the elite club.
(file photo/JoeBrownphotos.com).



Wildcats Mike Lombard (22) and George Fuller (23) snagged a rebound under the Tewksbury basket in a 48-39 romp over the Redmen in February 1986. Tewksbury's center, Jay Kelley (12) is at right.
(Town Crier file photo/Rick Cooke).

Lombard went on to have a terrific career at Dartmouth College, including setting a school record with eight steals in a game against Cornell, while he also was named the Team's MVP and was named to the Ivy League's Honor Roll during the 1991-'92 season, his final year.

He coached 12 years at Littleton High, finishing with an overall record of 163-102, winning three Mid-Wach League Championship titles and the Division 3 Central Mass Championship in 2013.

It took 13 years before Swiezynski accomplished the feat. He played all four years on the Wildcats' varsity squad and during his freshman year he had the distinction of not only starting but starting with his brother Scott, and another brother tandem Jeff and Darren Arciero. The four of them helped lead the Wildcats to their first ever Cape Ann League title.

A year later, Swiezynski broke his wrist and the team missed out on the playoffs, before he came back during his junior and senior seasons to lead the team to the Division 3 North Quarterfinal rounds. He averaged 22 points per game during his final two seasons, was named the Cape Ann League Player of the Year twice, was named a Boston Globe and Herald All-Scholastic, was nominated for the McDonald's All-Star Game and finished his career with 1,088 points.

"It's amazing to be he here and to be honored," he said back on that evening. "It's been eleven years and it's gone by so fast and it's so great to come back. I was so happy to have Joe (Maiella) present me with the plaque - it was just a great honor."

The third person to be honored that night was Vitale, who easily could have scored her 1,000th point as a junior, but was such an elite teammate, that she made sure that her assists piled up instead of her points. She ended her career with 1,137 points.

She was named both a Cape Ann League All-Conference player and Lowell Sun All-Star three times, was named the League's MVP her senior season, was named a Globe and Herald All-Scholastic.

Vitale was most known for helping turn the program around. The Wildcats advanced to the Division 3 North Sectional Final for the first time in the program's history during her senior season - and haven't returned there, although DuCharme has helped the program reach the semifinals twice in three years.

Both Swiezynski and Vitale also reached the 1,000 point plateau in college at St. Michael's and Endicott, respectively.

Back in 2019, Vitale was inducted into the WHS Hall of Fame, following Swiezynski who was inducted in 2012.

You would think in the near future, well in 2025 and 2031, the Hall of Famers of Fairfield, Lombard, Swiezynski and Vitale, will have company when Bennett is eligible in 2025 and DuCharme in 2031.



Back in 2015, in his final game in a Wildcat uniform, Connor Bennett became the fifth player in school history to surpass the 1,000 point plateau.
(file photo/JoeBrownphotos.com)



When Ed Harrison had this banner originally made up back in 2012, he wanted to make sure there was enough room for future 1,000 point scorers. He added Connor Bennett's name in 2017, and now Kylie DuCharme's name will be added after she achieved the status on Saturday. (file photo/JoeBrownphotos.com).

Shawsheen Tech Sports Round-Up

Boys and Girls Hoop teams keep up their winning ways

By MIKE IPPOLITO
Sports Correspondent

sports@yourtowncrier.com

BILLERICA - It had been a remarkable season for the Shawsheen Tech Boys Basketball team, and with three more wins this past week, the Rams kept that remarkable season going, improving to 10-1, with just one game left in their abbreviated campaign.

The Rams started their week with a pair of close wins, pulling out victories over Greater Lowell on the road last Thursday by a score of 48-45, and then another thriller in a 40-37 home win over Essex Tech last Friday. They closed out their week with a Tuesday afternoon blowout win over non-league rival St. Joseph's Prep, winning by a score of 79-41.

In Tuesday's win over St. Joseph's the Rams were led by an outstanding performance from junior center Tim Sweeney of Tewksbury who had 16 points and 12 rebounds, while fellow junior center Adam Quattrocchi had 12 points of his own, as the duo split the action throughout the game.

They also got several key contributions from many of their seniors in the final home game of their careers. Senior Jake Tyler led the way in that regard with ten points, while fellow senior Liam Kelley had six points off the bench.

"We really took a step in the right direction this season and out seniors had a huge impact on our success, so for us to have a game like this, where so many kids were able to get in the game and to contribute to the win was great for us," Shawsheen coach Joe Gore said.

Sweeney was outstanding for the Rams. After Quattrocchi had started the game with a great effort of his own, scoring eight first quarter points, Sweeney came in off the bench to start the second quarter and immediately started dominating in both scoring and rebounding, scoring ten points in the quarter to lead the Rams to a 41-22 halftime lead.

"Both of those guys have a ton of potential," Gore said. 'Every day in practice they battle against each other and there is nothing better as a coach to see them doing that because it is only going to make themselves and those around them better."

Junior guard Jeremy Perez of Tewksbury chipped in seven points and nine assists, although his assist total could have been even higher if not for some dropped passes. It was the continuation of a tremendous season for Perez, who is a junior captain for the Rams.

"Jeremy has been tremendous. Without him on the court we are a totally different team," Gore said. "Sometimes as a coach, I get caught just watching him instead of coaching. We are so lucky to have his leadership, work ethic and talent. I just can't say enough good things about him.

The Rams had started their week with a big 48-45 win at Greater Lowell last Thursday, a game in which they trailed by five points at the half, and by six at the end of the third quarter, as they were down by a score of 40-34 entering the final eight minutes.

The Rams had actually trailed by 12 points midway through the quarter, but they battled back and led by Tyler, who had seven of his game high 18 points in the fourth quarter, they were able to do something they had not done in quite a while, namely beat Greater Lowell on the road.

"I don't think we have won there since 2011, so that was a huge win for us," Gore said. "We were down, but these guys just don't quit. In the fourth quarter we just really buckled down on defense, and we were able to hold them to just five points in the quarter on their home court. We pride ourselves on our defense and it came through for us in the fourth quarter."

Tyler also came through with another clutch effort. In what may have been their two most impressive wins of the of the year against Lowell Catholic a couple of weeks ago and then against Greater Lowell, Tyler has had 18 points in each game.

"In the first part of the year Jake struggled a little, but in the second half of the season he has founds his rhythm and really led by example." Gore said. "He has shown why he is a captain. We are very lucky to have him and we are going to miss him next year."

Last Friday night, the Rams had returned home to pick up another hard fought win, this time by a score of 45-42 over Essex Tech. The Rams were led in this on by 11 points and 12 rebounds by senior James Genetti, while Perez had seven points and six steals. But once again it was the defense who led the way for the Rams.

"Every game we have found a way to grind it out and this was no different," Gore said. "We really struggled in the fourth quarter and scored only six points, but our defense held them to eight and we were able to get the win."

GIRLS HOOP

All season long, the Shawsheen Tech Girls Basketball team has proven themselves to be a resilient group, and this past week was no different. With two wins in three games this past week, the Rams improved to 9-2 on the season with just one game remaining.

The Rams began their week with a thrilling 46-44 win over CAC rival Greater Lowell last Thursday at Shawsheen, their second win in a row over the Gryphons, before suffering a 36-34 loss to the same team the next day in Tyngsboro. The Rams rebounded from that loss, however with a blowout 35-16 win over Essex Tech on Tuesday night back at Shawsheen.

The win over Greater Lowell last Thursday may have been their most impressive of the season, although there would certainly be some competition for that award. Led by 22 points by senior captain Shelby Bourdeau, including 15 in the fourth quarter, along with 11 points from fellow captain Susanna Gillis and some incredibly clutch play from junior Karissa Rogato, the Rams battled back from none point second quarter deficit to win on a Bourdeau basket with 13 seconds left in the game.

Both teams struggled to find their shooting range in the early going, and the score stood tied at 7-7 at the end of the first quarter. While both teams struggled in the first quarter the Gryphons quickly found their offensive stride in the second quarter, going out to an 18-9 lead with 4:00 left in the half.

The Rams did not fold, however, closing to within 21-17 at the half, primarily on the heels of a pair of three pointers, first by Bourdeau with two minutes left and then a clutch three by sophomore Lindsay McCarthy with ten seconds left in the half.

Despite the comeback, the Rams still had some work to do as they were held to just five points in the third quarter and entered the final eight minutes of the game trailing 29-22. After a pair of Greater Lowell free throws with 3:00 left, they still faced quite an uphill climb, trailing 39-32, but the Rams took control from there, continuing a trend that has carried them all season long.

"I don't know what it is about these girls and the fourth quarter, but we have become a fourth quarter team, which is something we haven't been known for in the past," Shawsheen coach Sam St. George said. "I think we play well the rest of the game as well, but we seem to just play better in the fourth quarter."

Bourdeau started the comeback with a three pointer from the corner with 2:02 left, the start six straight points for the senior to pull the Rams within 41-39 with 1:21 left. Shortly thereafter, with the Rams trailing 42-40, Bourdeau grabbed the rebound of a missed free throw, and then nailed two free throws of her own to tie the game at 42-42 with 48 seconds left.

On the ensuing Greater Lowell possession, it was junior Karissa Rogato who stepped up for the Rams, first coming up with a big steal and then knocking down two clutch free throws with 36.6 seconds left to give the Rams their first lead of the game at 44-42.

"Shelby just knows when to turn it on and when to be there for her team," St. George said. "And then Karissa really came through for us. This was a real nail biter, but the two of them did a great job for us to help us get the win."

Greater Lowell would tie the game with a pair of free throws of their own with 19 seconds left. But at that point it was once again Bourdeau's turn to come through for the Rams and she did just that, taking the inbounds pass and driving past a pair of defenders to the hoop for a basket and a 46-44 lead with 13 seconds left. Greater Lowell had one more chance, but a desperation three pointer at the buzzer fell short and the Rams had added to their long list of dramatic wins on the season.

Things did not go as well for the Rams the next night in Tyngsboro, when the fell by a score of 36-34 to the Gryphons in their third straight matchup with the same opponent. This game followed a rather unusual script for the Rams, as they led 27-19 after three quarters, but saw the Gryphons come back in the fourth quarter, outscoring the Rams 17-7 over the final eight minutes.

"We just couldn't put it together in this one," St. George said. "It is tough trying to beat an opponent three times in a row, so we knew this would be a difficult game going in. Greater Lowell is a very good team and they didn't want a three game sweep. Their shots were just falling in the fourth quarter and ours were not."

That was certainly the case in the early going of the fourth quarter anyway, when the Gryphons outscored the Rams 16-2 to take a 35-29 lead with 1:50 left. But the Rams were not done, as they looked poised to make another fourth quarter comeback on a basket by Gillis with 1:45 left and a three-pointer by Rogato with 1:16 left to pull them within one point at 35-34.

The Rams were unable to complete the comeback, however, and suffered their second loss of the season.

The Rams bounced back well on Tuesday, however, with a 35-16 rout of Essex Tech, led by outstanding defensive efforts from Katie Amidon, Rogato and Eryn Ward, while Gillis and Bourdeau led the offensive charge in the second half, turning a slim 14-11 halftime lead into a 35-16 blowout win, as the Rams held their opponents to five second half points.



Wilmington resident Emily Sartori finished up a terrific career as a three-year captain of the Shawsheen Tech/Bedford co-op girls' hockey team.
(photo by JoeBrownphotos.com).

Three-year captain Sartori, closes out career in style

By MIKE IPPOLITO
Sports Correspondent

sports@yourtowncrier.com

BILLERICA - Emily Sartori has seen the good and the bad for the Shawsheen Tech/Bedford Girls Hockey team over her four years with the club, the last three of which she has served as one of the team's captains.

More honestly, the Wilmington native has mostly seen the bad for the Rams, as prior to this season, the Rams had won a total of three games over the past two seasons.

But this season was different for the Sartori and the Rams, as the fought their way to four victories on the season, finishing 4-5 overall, in what appears to be just the first step in the rebuilding process for the girls hockey program. And while every member of the mostly very young Shawsheen squad enjoyed the team's resurgent season, it is unlikely any of them enjoyed it more than Sartori, and deservedly so.

"Emily has seen the good and the bad, but she came out every night and every day ready to play and to practice," Shawsheen coach Bob Roach said. "It didn't matter what our record was or anything like that, Emily was always trying to improve and to help the team improve, so I was very happy for her to be part of this season."

Sartori knew going in that this team had the chance to achieve success that some Rams teams of the past simply could not, and she could feel that same confidence growing in her teammates as the season progressed, making it that much more enjoyable to success with this group.

"We had all been pretty bummed in seasons before where we were losing practically every game," Sartori said. "But we knew this season we had a talented team and we had some confidence going into the season. So, when we won our first game, our confidence just grew and everybody was just super excited, and at the same time when we lost, we didn't get down on ourselves because we knew we were good enough to come back and win the next game."

A big part of the reason for that confidence stemmed from inspiration from Sartori, who from the start of the season let her teammates know that this year would be different.

"At the beginning of the year, I sent a text just telling everybody to stay positive regardless of what happens," Sartori said. "I just told them that if we hang our heads when we lose, we would have no chance to be successful. And everybody believed in that, and that really helped us be successful."

Roach appreciated the impact that Sartori's leadership had on the team, and knows that they would not have had the season they had without it. It was not just her performance during games this season, where she had five goals and four assists, but it was her performance in practice as well, where she was always trying to find ways to help the team.

"She would come to practice and always want to try something different, something that she thought could help the team," Roach said. "At the beginning of the year, when we did not even know there would be a season, she would text me at least once a week asking if I knew anything, if there was going to be a season. A team generally goes as its captain goes. If you have great captains, you will have a great season, and that was definitely the case with Emily this season."

It's no surprise that Sartori couldn't wait to get back on the ice. She has been skating or playing hockey practically her entire life, thanks primarily to her father Chris, who ever since Emily can remember has built a rink in their backyard every winter for her and her brother Chris to play on.

"Since I have been able to walk, my dad always built an ice skating rink for my brother and I and our cousins," Sartori said. "I started by just skating and by the time I was in third grade I decided I wanted to play hockey, and my dad started putting me in clinics so I could learn how to play. When we played in the backyard, I was always the forward and Chris always played defense, so that was always fun."

The extra practice seems to have worked out very well for both Sartori children, as Emily is wrapping up a career as a three-year captain and forward with Shawsheen, while, Chris, now 24 enjoyed his career as a defenseman at Wilmington High.

This followed several years of playing youth hockey in Wilmington, both with boys teams in the beginning of her career and then moving on to play with girls teams like the Redcats and then the Wilmington Middle School team.

She knows none of this would have been possible without the help and support of her parents, Chris and Sandra, as well as several influential coaches and teammates over the years.

"I want to thank my parents for the time and effort they put into my hockey career. And a huge thanks to my coaches that made me the player I am today," Sartori said. "I've met some amazing players while playing hockey but even more important some of the greatest friends, I could ever ask for. I've had so many fun times with this team and many laughs throughout the years"

One thing Sartori has always been able to count on during her career, win or lose, was having the biggest cheering section anyone could hope for.

"I want to thank my cousin Scott and his family for coming to all of my home and away games and having his two daughters be my biggest cheerleaders," Sartori said.

The Rams certainly gave fans plenty to cheer about this season, and from the looks of their young roster, they appear poised to keep improving. While Sartori won't be a part of that continued success on the ice, she is looking forward to continuing to cheer on her former teammates in the years to come.

After studying Health Assistance at Shawsheen, she will move on to college in September at either Rivier or Merrimack, where she plans to study nursing, or perhaps go into teaching, but she will still always be a Ram at heart.

"It was an honor to be a captain three years. I am very excited to what they can do, because I think they are just going to keep getting better," Sartori said. "I am hoping to be able to come back next year and assist them in any way I can."

Rams end season with a tough loss to Boston Latin

By MIKE IPPOLITO
Sports Correspondent
sports@yourtowncrier.com

LOWELL - While the season didn't end quite the way the Shawsheen/Tech Bedford Girls Hockey team would have liked there is no denying that the Rams made tremendous strides this season, finishing with a 4-5 record after suffering a 6-2 loss to Latin Academy this past Saturday afternoon at Janas Arena.

The final score of Saturday's season finale was not indicative of how close the game actually was, as the Rams trailed only 3-2 early in the second period before the game got away from them later in the period, and they suffered their third consecutive defeat. The Rams had actually defeated Latin twice earlier this season, but it was not to be this time around.

"I thought both teams played well and we were very evenly matched," Shawsheen coach Bob Roach said. "It is difficult to try and beat a team three times in one season. They came out a little stronger this time and they had a different goalie this time. They just outplayed us this time."

Latin got off to a fast start in this one, taking a 1-0 lead just over two minutes into the game. But the game remained close for most of the rest of the period, and it actually looked like the teams would go to the first intermission with Latin holding their slim one goal lead.

But that all changed in the final two minutes of the period, with Latin extending their lead to 2-0 with 1:58 left in the period and then 3-0 with a crushing goal with just 11.4 seconds left in the period on a shot from a very bad angle.

But if the Rams were indeed crushed by the late Latin goal, they certainly did not show it, as they came out strong in the second half, with senior captain Emily Sartori of Wilmington getting the Rams on the board, converting on a breakaway with 10:03 left in the second period to make the score 3-1.

Moments later the Rams kept the momentum going, when freshman Laney Mead scored just 22 seconds later on a great individual effort, flying up the right side and then beating the goalie on a nifty backhand out front to make it 3-2.

It looked like the Rams were right back in the game, but Latin quickly seized the momentum back, making it 4-2 with 7:18 left in the period, and then once again scoring a couple of late goals, this time with two in the final 2:30 of the period to make it 6-2 at the end of the second.

"When you get behind a couple of goals like we did, it is tough to come back," Roach said. "I thought we did a nice job coming back early in the second, but once they made it 4-2 that really kind of changed everything."

While the finale did not go as planned, it would be hard to complain about the overall results of the season for the Rams. After winning a total of three games over the past two seasons, and struggling for several years to win more than a couple of games per year, this season was a huge step in the right direction for what is still a very young team.

"With all of the craziness of this season, I felt like this was a very good year for us," Roach said. "We played a lot teams we wouldn't normally play and that was a lot of fun for the girls. For example, we never would have played St. Mary's (a 6-1 loss) because they are always one of the better teams in Division One, but playing them was kind of eye opening and even though we lost, we kind of enjoyed that game just to see how we matches up with them. I think that will help us going forward."

And speaking of going forward, the future seems exceedingly bright for the Rams. While losing three-year captain and leader Sartori will undoubtedly hurt, the Rams return every other player from their roster, including star freshman defenseman Laney Mead, along with goalies Kaitlin Sacco and Elianna Munroe, who are in eighth and ninth grade, respectively.

Eighth grade forward Isabella King as well as freshman defenseman Paige Fuller of Wilmington and junior forward Ashley Talbot Tewksbury will also return to the fold, providing Roach with plenty of optimism heading into next season.

"Our outlook is very positive," Roach said. "This was the first year we have ever had where we had two goalies who had both played goalie their whole life and they are both very good. Everybody except Emily comes back, and while we will definitely miss her, hopefully we will also get some new players as well."



Shawsheen Tech's Paige Fuller flips a backhand away from Malden Catholic's Susan Hobart during a erecently played girls hockey game.
(photo by JoeBrownphotos.com).

SWIMMING

It was an extremely short season for the Shawsheen Tech Co-Ed swim team, as the Rams had only four meets, each of which was held virtually, with each team competing in their home pool under the supervision of officials.

The season may not have been ideal, but the Rams certainly made the most of it, going 2-2 in their four meets, and wrapping up their season in impressive style this past week, picking up an 81-69 win over Greater Lowell in their season finale last Thursday.

The Rams got several outstanding performances on the day, with none better than senior Damien Hadden of Tewksbury, who placed first in three events, with the highlight coming in the 100-yard backstroke, where he shattered the school record in the event, touching the wall first in a time of 59.66 seconds. The record had previously been shared by Nigel Dallaire '98 and Ryan Phelan '16, but it now belongs to Hadden all by himself.

That wasn't the only outstanding effort of the day for Hadden, who also was part of first place finishes in both the 200-yard medley relay in a time of 1:54.24, as well as the 400-yard freestyle relay in a time of 4:16.84.

Both relay teams were dominant, with the foursome of Hadden, junior Kevin Stevens of Wilmington, senior Derek Costello of Wilmington and senior Aidan Singh taking the 200 medley relay. The first place 400 freestyle relay featured the foursome of Hadden, Costello, Connor Maguire and senior Tyler Newhouse of Wilmington.

Hadden was not alone in his efforts to lead the Rams to victory, with Singh picking up three first place finishes. In addition to the 200 relay, he also earned first place finishes in both the 200-yard freestyle in a time of 2:08.22, as well as the 500-yard freestyle in a time of 6:06.79.

Stevens was also outstanding in more than just the relays, as in addition to his first place finish in the 200 medley relay, he also took first place on his own in the 100-yard breaststroke in a time of 1:20.78. Costello, meanwhile followed up his first place finish in the relay with a first place finish in the 100-yard butterfly in a time of 1:00.45.

Kacey McFadden had an outstanding all around day for the Rams, with three second place finishes, taking second in the 200-yard medley relay as well as the 200-yard freestyle relay. She also did pretty well on her own in the 200-yard individual medley.

McFadden was joined on the second place 200 medley relay team by Daniel Penney, Newhouse and Magure, and was joined in the 200 freestyle relay by Jacqui Megna, Newhouse and Lee Singer. Penney had a great day of his own in addition to his success in the relay, taking first in the 100-yard freestyle in a time of 1:03.16 and second in the 100-yard breaststroke in a time of 1:24.19.

Junior Tyler Kopacz of Tewksbury made his mark at the meet, with a first place finish in the 50-yard freestyle in a time of 27.60 seconds, while also grabbing a second place finish in the 100-yard backstroke in a time of 1:08.56.

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— WOOD HAVEN - CONTINUED ON PAGE B8 —



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Why you might need more than a daily multivitamin

Did you know multivitamins were created during World War II, in order to help Americans address food shortages during the war? And multivitamins have been popular ever since, helping people make up for nutritional and dietary deficiencies. Not everyone is successful at getting all the nutrients they need from the food they eat, so multivitamins seem like a reasonable catch-all to stay healthier.

But the science of nutrition has changed a lot since the 1940s, and the fact is, multivitamins are a one-size-fits-all approach to an extremely individualized issue - your body and its unique needs. What you may require to best support your personal well-being is unlikely to be the same as what your neighbor needs.

A new survey for Persona Nutrition by Wakefield Research reveals that almost half (47%) of Americans say it's even more important to take a daily multivitamin now than last year. Most people look to multivitamins for specific health challenges, including:

* 53% for supporting their immune system
* 44% to have more energy
* 26% to maintain a healthy weight
* 24% to support a good night's sleep
* 24% to maintain a healthy stress level

However, a multivitamin might not contain the exact nutrients to help all people with those health concerns. In addition, vitamin supplements can also have a potentially negative effect on - or interaction with - other medications you may be taking.

How to determine your vitamin and supplement needs

Answering simple questions about your health history, lifestyle and medications in the online assessment at PersonaNutrition.com will reveal your personalized plan for recommended vitamins and supplements in 3-5 minutes.

"At 50, I've learned that I need more than a multivitamin to tackle my sleep and digestion challenges, so I love having all of my vitamins and supplements - like melatonin, peppermint, vitamin D, ginger, omega-3 and probiotic - organized with my multivitamin in daily packs," said Kelly Ripa, award-winning host and executive producer of LIVE with Kelly and Ryan. "It's reassuring to connect with Persona's nutritionists whenever I have a question or want to try a new combination of vitamins - they really take the guesswork out of my vitamin routine."

The company's proprietary algorithm used for the assessment is based on scientific research reviewed by a team of doctors and nutritionists, factoring in your lifestyle, individual needs and current prescription medications to provide doctor-formulated vitamin and supplement recommendations that are as unique as you are.

"Especially for those with specific health concerns, whether stress and sleep problems, energy levels or immunity concerns, a multivitamin alone is not going to supply sufficient or targeted nutrition," said Courtney Jackson, MPH, CN, director of nutrition research at Persona Nutrition. "We feature daily nutrition coaching from on-staff nutritionists, a robust database to scan for potential drug-nutrient side effects - and we complement our high-quality multivitamin with specific nutritional supplements that are aimed at supporting each person's health issues and diets."

TOP HEALTH CONCERNS

Jackson points out the company's approaches to address three of the primary health concerns of Americans right now.

* Your immune system. Health-conscious consumers today are looking for ways to support their immunity. "It's important to remember that the immune system is just that - a system," says Jackson. "Your multivitamin should be paired with good lifestyle habits and complemented by immune-supporting supplements like quercetin, garlic or even additional vitamin D, when needed."

* Fatigue. Vitamin deficiencies can lead to fatigue. If you are already regularly taking a multivitamin, you might consider having bloodwork done at your next wellness visit to look for other issues. If you have done so and still experience low energy levels, it may be a good time to complement your multivitamin with natural nutrients, including fermented ginseng or adaptogenic cordyceps.

* Sleep problems. During challenging times, getting enough sleep is even more important than ever. While vitamins and minerals can play a role in your ability to fall asleep and sleep soundly, taking a multivitamin alone likely isn't doing the trick. Consider supplementing your vitamin with sleep-inducing ingredients such as L-Theanine, hops extract and melatonin to support sleep quality and reduce the amount of time it takes to fall asleep.

It's time to swap your one-size-fits-all multivitamin for a more scientific, personalized approach to your nutrition, so you can give your body what it truly needs, not what your neighbor needs.

Five benefits of weighted blankets, including better sleep

Quality sleep is essential to good health, but daily life - the stresses of work and family, too much screen time, caffeine or alcohol - disrupts our body's natural sleep cycle.

One tool to promote better sleep is a weighted blanket, but the benefits go beyond sleep. Here are five benefits weighted blankets provide:

1. Helps you fall asleep faster - Most people know what it's like to toss and turn at night just waiting to fall asleep. According to the National Sleep Foundation, it should take 10-20 minutes to fall asleep. If it takes you more time than that there are steps you can take like adding a weighted blanket to your bedtime routine.

2. Helps you stay asleep longer - The CDC says adults should get between seven and nine hours of sleep each night. If you're in need of more restful slumber, a product like a Tranquility weighted blanket and its calming pressure can help you sleep more soundly with fewer bouts of restlessness so you wake feeling more rested.

3. Enhances relaxation - Weighted blankets offer deep touch pressure, a sensory experience like a soothing hug, which works to relax the nervous system and creates a feeling of calm so you can rest more comfortably. A weighted blanket isn't just for bedtime - it can be used to create a more relaxing experience when you're winding down on the couch or even on a Zoom call.

"Research shows that weighted blankets can help with better relaxation and sleep, two things that are critical to overall health," says wellness expert Jamie Hess of NYCfitfam. "It's important to take care of yourself, both mentally and physically and I've found adding a Tranquility weighted blanket to my daily routine helps me reclaim my calm."

4. Provides comfort - Many Americans experience stress and anxiety with daily life, and since the onset of COVID-19, more Americans than ever are experiencing these emotions. If someone you know is going through a rough patch, giving the soothing comfort of a weighted blanket can be a thoughtful and personal way to show you care.

5. Makes a thoughtful gift for giving - A weighted blanket can make a great gift for anyone in your life, especially when people may not be gathering like they typically do. Cozy Tranquility weighted blankets are an affordable gift option for everyone on your list.

If you have been on the fence about trying a weighted blanket, these are some reasons to consider this soothing, sleep-inducing comfort.

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Dealing with menopause by balancing hormones

By Dr. Angelo Maida, Pharm. D

Throughout history medical writers have falsely attributed a number of physical and mental ailments to menopause. For example, in 1887, a medical doctor writes "the ovaries, after long years of service, become irritated, send signals to the brain, which in turn produces disturbances in the brain tissue, causing extreme nervousness, even bouts of insanity". These scientifically inaccurate and laughable accusations have unfortunately given menopause a negative connotation. In reality, menopause is a very normal part of life. It is neither a symbol of some ominous "change" nor a disease which must be treated. One of the healthiest ways to view menopause is as an opportunity – an opportunity to implement strategies to prevent chronic disease and live a long, healthy life.

When most people think of menopause, they usually think of hallmark symptoms such as hot flashes, night sweats, and difficulty sleeping. The severity of these symptoms can vary from person to person, symptoms can start as hot flashes and last for many years. Hot flashes are often the reason many women seek out treatment options for menopausal symptom management, however, the conversation shouldn't stop here. After menopause, women's risk of osteoporosis, cardiovascular disease, even dementia increase. In addition, as women approach later menopausal years, hot flashes become less of an issue while genitourinary symptoms are more common. These include symptoms like chronic UTI's, painful urination, and feeling like one has to "go" all the time. Like hot flashes, these genitourinary symptoms can have a drastic impact on a person's day to day wellbeing. It is believed the drop in hormones such as estrogen play a role in women's increased risk of osteoporosis, cardiovascular disease, and dementia. Whether estrogen therapy should be started must be considered on a patient-by-patient basis.

Hormonal therapy for menopausal women is now recognized as a safe and effective treatment when used as part of an individual health and wellness program. Having the right level of hormones in your system during menopause is important for your overall health and long-term wellbeing. Some common questions surrounding treatment for menopausal symptoms are, what form of estrogen replacement is best for me, is hormone therapy for me and if so for how long. A hormone treatment program looks at each individual as unique and is designed for that individual's specific needs. The important thing to know is hormone treatment when designed for an individual by a knowledgeable professional is very beneficial in treating menopausal symptoms by balancing hormones.

Dr. Angelo Maida graduated from the Massachusetts College of Pharmacy and Health Sciences. He is a fourth generation pharmacist practicing at Maida Pharmacy in Arlington. To learn more about Women's Health visit us at www.maidapharmacy.com/womens-health.

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Get tested for COPD:
Your lungs will thank you

If you're often short of breath during everyday activities, your chest feels tight, or you cough a lot, you may be chalking it up to getting older, having allergies, or being a smoker (now or in the past). Fortunately, there's a way to know whether something more may be at play. Consider getting a lung function test to find out if you have a serious condition called chronic obstructive pulmonary disease, or COPD. Knowing the cause of your cough and breathing problems will not only help you manage your symptoms - it'll help you feel better, too.

COPD includes two main conditions - emphysema and chronic bronchitis. It's usually caused by cigarette smoking or breathing in other irritants, such as dusts or chemical fumes. In a small fraction of people, a genetic condition called alpha-1 antitrypsin (AAT) deficiency plays a role in causing COPD. More than 16 million Americans have been diagnosed with COPD, and millions more have it but don't know it, according to the National Heart, Lung, and Blood Institute (NHLBI).

COPD doesn't have a cure at the moment, but if you seek advice from a health care provider and get diagnosed early, you can slow down this progressive disease. During your appointment, your provider will talk to you about your symptoms and your medical history then listen to your breathing. He or she also may recommend one or more tests to help diagnose COPD.

Spirometry: A Lung Function Test

The main test for COPD is called spirometry. During this test, a technician at your health care provider's office will ask you to sit down and put a clip on your nose, so you can breathe only through your mouth. The technician will then ask you to put your mouth around a mouthpiece, which looks like the mouthpiece on a snorkel. It's connected to a machine that measures how well you breathe. The technician will ask you to take in a deep breath then blow all of your air out as fast as you can. You'll repeat that a few times. It's painless, but it does take some effort.

Your provider will use the test results to determine how healthy your lungs are, if you have COPD and how serious it is, or if asthma or other conditions are causing your symptoms. 11 Spirometry can also help your provider know if you have COPD before you even have symptoms, so if you're concerned about your lung health, consider getting a spirometry test.

Ask for a lung function test if you:

* Are over age 40
* Are or were a smoker
* Feel out of breath often
* Bring up a lot of mucus when you cough
* Have already been diagnosed with a lung disease
* Have AAT deficiency
* Are concerned about your lung health

Another factor to consider when assessing your lung health is COVID-19, the disease caused by the coronavirus that has spread throughout the world. Unlike COPD, COVID-19 causes abrupt coughing and trouble breathing, so your health care provider may want to test you for it.

If you have a chronic lung disease, such as COPD, and get infected with COVID-19, you are at higher risk of getting very sick. COVID-19 can affect your respiratory tract (nose, throat, lungs), and possibly lead to pneumonia and acute respiratory disease. For more information on COVID-19, visit CDC.gov.

NHLBI's Learn More Breathe BetterSM program provides free educational resources about COPD, videos on spirometry, and more. Find them at copd.nhlbi.nih.gov.



Photo courtesy of Getty Images

Monteforte Law, P.C.

The Law Office of Michael Monteforte Jr. was established in 2006. The firm started as a general practice, handling whatever came in the door. As time passed, Michael gradually began to concentrate on areas of the law that he found to be the most challenging and rewarding. Today, Monteforte Law, P.C. focuses exclusively on estate planning and elder law.

Michael chose elder law and estate planning because of his grandparents. When he first started his career, he had to help his grandparents figure out their finances while trying to pay for long-term care. While they were late to the game, and Michael could only do so much to help them, he wanted to make sure no one else would have to deal with this same situation. By helping others, in some small way, it is like he is helping his grandparents too, and hopefully making them proud.

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Good health has been the top priority at Oosterman's Rest Home for 75 years



KATE OOSTERMAN, Administrator for Oosterman's Rest Home gets her COVID-19 vaccination.

When Grietsen and Eva Oosterman opened Oosterman's Rest Home in Melrose in 1946, the health and well-being of their residents was their top priority.

Now, four generations and 75 years later, their great granddaughter Kate Oosterman is carrying on the family tradition as Administrator of the Rest Home.

"We've always made good health our top priority," says Kate. "We provide our residents with healthy meals, a stimulating environment and lots of personal attention and care."

This past year, maintaining good health for residents became a lot more difficult with COVID-19. "It's been a real challenge to keep everyone healthy during the pandemic," Oosterman says. "But we were able to do it."

For several months in early 2020, Oosterman's shut its doors to all visitors to protect their residents. They provided residents with Zoom and Skype capabilities so they could stay in touch with loved ones.

As the weather got warmer, families were allowed to visit residents in Oosterman's garden area or on their front porch.

The Rest Home also initiated several additional safety measures and protocols to protect residents.

Today, socially distanced indoor visits are allowed into the parlor area.

Visitors must undergo a thorough COVID screening and rapid testing is available.

"It's been a long, tough year for our residents, their families and our staff, but getting the vaccine is a major step in the right direction," she said.

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How to combat isolation and loneliness among older adults

Feeling a sense of connection and belonging with others is a basic human need. But unfortunately for many older adults, social isolation and loneliness are on the rise, especially because of the necessary social distancing since the COVID-19 pandemic began.

The good news is, there are concrete strategies that caregivers and family members alike can take to bring more joy and a sense of play to the lives of the older adults they care about - especially for those who may be coping with cognitive decline, dementia or Al-Many older people could benefit from a focus for their affection, such as a pet, but are no longer capable of caring for one due to the often-strenuous daily responsibilities or costs associated. Whether you live near or far, providing your loved one with the gift of companionship can make all the difference in their lives.

Pets with purpose

To help alleviate loneliness and feelings of isolation, Ageless Innovation created the award-winning line of Joy for All Companion Pets - life-like animatronic animals that help aging adults foster essential social connections, improve their emotional health and well-being and bring joy into their lives.

Recent research conducted by UnitedHealthcare, AARP Services, and more shows that the introduction of robotic companion pets is helping to improve the quality of life for older adults as it relates to depression, loneliness, social isolation and all forms of dementia. Nearly a dozen studies showed that the Joy for All Companion Pets had meaningful positive impact on recipients.

Key findings of these studies reveal:

* Use of robotic companion pets enhance the well-being and quality of life of individuals with dementia

* Companion pets showed a significant reduction in agitation and social isolation, improving quality of life for both patients and family members

* Robotic pets may be a feasible way to mitigate behavioral disturbances in patients experiencing ICU delirium

* Companion pets are beneficial to decreasing feelings of loneliness

How companion pets make a difference

One insight from the research was that older adults wanted interactive, two-way companionship, so the need for pets that could give love and receive it influenced the design of these companion pets.

Built-in sensors allow them to respond to touch, allowing them to react to their environment. The Companion Pet Cat features VibraPurr technology, mimicking the feeling and sound of a realistic cat purr; and the Companion Pet Pup features built-in BarkBack technology that responds to voices with playful puppy-like sounds.

The real impact of Companion Pets Patti LaFleur (@MissPatticake on Instagram) gave a Joy for All Companion Pet Pup to her mother Linda, who suffers from dementia, to help ease her feelings of isolation when she couldn't be there. Her mother named her new companion pup "Popcorn."

"I gave Mom someone to talk with and love on and care for," explained LaFleur. "My mom was always a nurturer, but in her dementia world she wasn't able to care for others in the same way. But with Popcorn she could. She could love, cuddle, nurture and support her."

LaFleur's Instagram posts include lots of pictures of her smiling mother with her beloved companion pet.

Bringing joy and a vital sense of play into aging adults' lives

Finding ways to improve the lives of older adults through play and a sense of connection is vital to their overall well-being. Using approaches ranging from games, crafts and activities to exploring ways to connect virtually can all help to enrich the lives of aging adults who may be feeling isolated right now.

Providing a life-like animal companion is another highly meaningful way to add joy to an older adult's life.

"Developed with extensive input from older adults, Joy for All Companion pets look, sound and feel like real pets, but without the responsibilities of pet ownership," said Ted Fischer, CEO and co-founder of Ageless Innovation. "Giving a Companion Pet Cat or Pet Pup can add a lot of fun and a sense of companionship to your loved one's life."

Gather Round and Listen

By Kelly Roper

Think of all the history that's lost
When a family elder passes.
Those precious stories shared of old
Crumble into irretrievable ashes.

So take the opportunity to listen while
Your elders are still with you here.
Record their tales for future generations
So they will know and hold them dear.

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Three surprising foods that fuel your immune system



Cold and flu season, combined with an ongoing pandemic, is motivating many Americans to do everything possible to support immune health. Fortunately, simple lifestyle habits, like a healthy diet, can make a big difference in strengthening the body's defense system. But what foods are best - and why?

When it comes to immune-boosting foods, most people immediately turn to orange juice for a quick fix of vitamin C. "While it is true that citrus fruit helps support the immune system, there are many other foods that offer an impressive profile of nutrients believed to maintain strong immunity," says registered dietitian Sheri Kasper. Here are three surprising, dietitian-recommended foods that can help ward off illness this cold and flu season.

1. FARMED SALMON

Farmed salmon offers outstanding nutrition that can help protect against everything from heart disease to depression. Specifically, farmed salmon supports the immune system thanks to two key nutrients that are uncommon in many other foods: vitamin D and omega-3 fatty acids. While vitamin D is often connected to bone health, emerging research out of Boston University suggests that it may also be vital to proper immune function. Few foods are naturally high in vitamin D, but a serving of farmed salmon offers nearly one-third of daily recommended needs. Omega-3 fatty acids, abundantly found in farmed salmon, are highly anti-inflammatory and support the immune system by reducing chronic inflammation. Kasper recommends choosing farmed salmon from Chile because it is sustainably raised, high in omega-3 fats and does not contain antibiotics or mercury.

2. YOGURT

Yogurt and other fermented foods contain healthy bacteria called probiotics. Probiotics are well-known for supporting digestive or "gut" health by preventing overgrowth of bad bacteria. But maintaining a healthy balance of good and bad bacteria in the gut is also believed to boost the immune system. "Most people do not realize that about 70 percent of your body's immune system is in your gut," says Kasper. In addition to containing probiotics, yogurt is also one of the few foods that is almost always fortified with vitamin D, which offers additional immune support. Look for yogurt labeled as containing "Live and Active Cultures" and steer clear of yogurt that contains a lot of added sugar. Try plain yogurt and sweeten by adding fresh fruit and a small drizzle of honey.

3. RED BELL PEPPERS

Red bell peppers are rich in vitamins and antioxidants that support the immune system. One example is vitamin C, which encourages the production of the white blood cells that are responsible for defending the body against pathogens. Red bell peppers contain almost three times more vitamin C than oranges. They are also loaded with vitamin A and the antioxidant beta-carotene, which can be converted to vitamin A in the body, when needed. Vitamin A is important in maintaining the natural mucus barriers located in the eyes, gut and other parts of the body. These barriers are designed to trap bacteria and are essential to optimal immunity. Be sure to choose red peppers because they have significantly more vitamin A, vitamin C and beta-carotene compared to green bell peppers.

While a healthy diet cannot prevent seasonal colds, the flu or other viral illnesses, a combination of the right foods, plenty of sleep, regular exercise and a balanced lifestyle will arm your body's defenses and may help minimize the length and severity of illness. For more information about salmon and wellness, visit chileansalmon.org.

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More people are concerned about their financial future: 4 steps to protect yours



Finances are consistently a top concern for many Americans, with "saving money" a top-10 most common New Year's resolution. This year, Americans are more concerned than ever before due to the uncertainty created by the COVID-19 pandemic.

USE Credit Union reported that more than 75% of non-transactional calls received since the start of the pandemic were from members concerned about their financial future, citing economic hardship as the primary reason for concern. The economy and job market remain in a state of constant flux, which is causing many families to worry about their ability to pay an unexpected bill, continue to pay off student loans, mortgages or credit card debt, or save money for the future.

"Saving money is more than just putting spare change into a coffee can, or simply ordering takeout less often," said Jeff Schroeder, vice president and chief product officer at Mercury Insurance. "Sure, those things can add up over time, but people may find that their greatest savings can come from taking a look at the necessary expenses they pay for every month, such as insurance."

Schroeder recommends these four tips to help protect your finances in the coming year:

1) Check your auto insurance coverages. There's no reason to pay for more coverage than you need, but being underinsured can leave you exposed. "The cost of repairs after a collision has grown in recent years, as a result of more crossovers and SUVs on the road, and more technologically advanced vehicles," said Schroeder. "Beyond paying for more expensive repairs if your insurance doesn't cover it, if you're underinsured, you may also be responsible for paying out of pocket for medical bills, which could potentially devastate savings for a down payment on a house, your child's college tuition or a future vacation. It's vitally important to make sure you have the right amount of auto insurance coverage to protect against unforeseen events."

2) Know what your homeowners insurance covers. First and foremost, be sure to read your policy so you're clear about what it does and doesn't cover. It's a good idea to check in with your insurance agent each year to ensure you have adequate coverage, especially if you've made renovations, own collectible or valuable items, or live in an area that's prone to flooding or earthquakes, as standard homeowners insurance policies typically don't cover these situations. Also, maintain a home inventory to make sure to have an accurate record of your belongings and property.

3) Be aware of potential gaps in coverage. A standard homeowners insurance policy often doesn't cover mechanical failures to your home's appliances, HVAC or other essential systems, nor does it cover a break to service lines on your property that supply your home with electricity, gas or sewer functions. In either of these scenarios, this means you would be responsible for writing a big check to a repair company or having to purchase a pricy replacement. However, adding home systems protection and service line protection endorsements can help provide coverage for costly repairs and replacements, saving money and your peace of mind. Pennies spent now can save you thousands of dollars later.

4) Regularly shop for the best coverage and price. Insurance prices can vary significantly from company to company, so it's a good idea to take a few minutes to see if you're getting a good deal. Shop around at least once a year - making sure to look for the exact same coverage limits - to see if you can find a more affordable rate.

Celebrating American Heart Month:

How to live a heart-healthy lifestyle

February is American Heart Month and during this time, ABC is not only committed to life at home but we are committed to educating the public on heart disease which happens to be the most common killer of all Americans- especially women! Statistics from the American Heart Association suggest that every year 1 in 3 women are diagnosed with heart disease which is why February 5th has been named as National Wear Red Day (also known as the "Go Red for Women" initiative). The "Go Red for Women" initiative was established to spread awareness of the disease and highlight ways to prevent it. While the term "heart disease" refers to a variety of heart conditions, the most notable is coronary artery disease (CAD) which affects blood flow to the heart and this decreased blood flow can cause a heart attack. By living a healthy lifestyle, you can help keep your blood pressure, cholesterol, and blood sugar at normal levels which ultimately helps lower your risk for heart disease and/or a heart attack.

One of the peculiar things about heart disease is that it is not always easy to pinpoint and diagnose. Heart disease can go undetected for an extended period before manifesting itself as a full-fledged heart attack. Therefore, it is critical to understand the symptoms of a heart attack and heart failure so you can recognize these symptoms in yourself and others.

Know the symptoms of a heart attack and heart failure

Often times, if someone is having a heart attack, they will experience some chest pain or discomfort, upper back or neck pain, indigestion, heart burn, nausea or vomiting, increased fatigue, upper body discomfort, flutters in the chest, dizziness and/or shortness of breath. Similarly, if someone has heart failure, they are experiencing shortness of breath and increased fatigue but they also may have increased swelling in their feet, abdomen, ankles, legs or veins in their neck.

Especially this year with the coronavirus pandemic, recognizing heart attack/heart failure symptoms can be a challenge as some of the symptoms bear a striking resemblance to those of COVID-19. Regardless of whether you think your symptoms may be COVID related or heart related, it is important that you seek medical attention immediately!

So, what causes heart disease anyway?

High blood pressure and cholesterol, an unhealthy diet, obesity, physical inactivity, excessive nicotine usage and alcohol consumption can increase an individual's risk for heart disease. For these reasons and many more, it is vital to commit to a healthy lifestyle.

Four tips for living a healthy lifestyle are as follows:

1. Incorporate healthy foods and drinks into your normal diet – avoid food and drinks with a high salt and sugar content, stay away from saturated and trans fats and include more high-fiber foods in your daily routine.

2. Watch your weight – as people who are overweight and/or obese are more likely to have heart disease, it is important to regularly monitor your weight. Consult a nutritionist if you are struggling with finding a manageable and sustainable meal choices.

3. Work out often – physical activity can help you maintain a healthy weight and it can help lower blood pressure and cholesterol as well blood sugar levels.

4. Don't smoke – smoking, including e-cigarettes, greatly increases one's chances for heart disease so if you're a smoker, consult your physician to develop a plan to kick this dangerous habit.

Fighting the fight against heart disease

With increased restrictions in hospitals and physician offices as part of their COVID-19 protocol, many routine appointments have gone virtual. Providers are relying on telehealth technology to see and connect with their clients. Most people have been able to adapt to this new standard of care. However there are many individuals who have not adjusted so easily- such as the elderly, children and anyone else who either do not have access to the technology required or struggle with a language barrier. As a result, some routine appointments have been rescheduled and these people are not getting the care and attention needed to ensure they are truly healthy and/or that there have not been any notable changes or declines in their overall health.

The Nursing Team at ABC encourages you to adhere to standing, routine appointments with your physician(s) and our nurses urge you to advise your friends and family members to do the same.

Jeannette Sheehan, MSN, CCM, RN, Board Certified Nurse Practitioner is founder and owner of ABC Home Healthcare Professionals, providing private medical and non-medical home care services to Metro Boston, North Shore, Merrimack Valley and the Cape Ann communities. When researching home care services, give us a call at 781-245-1880, or visit our website at www.abchhp.com

Home care is one of the safest options for seniors to get the care they need.

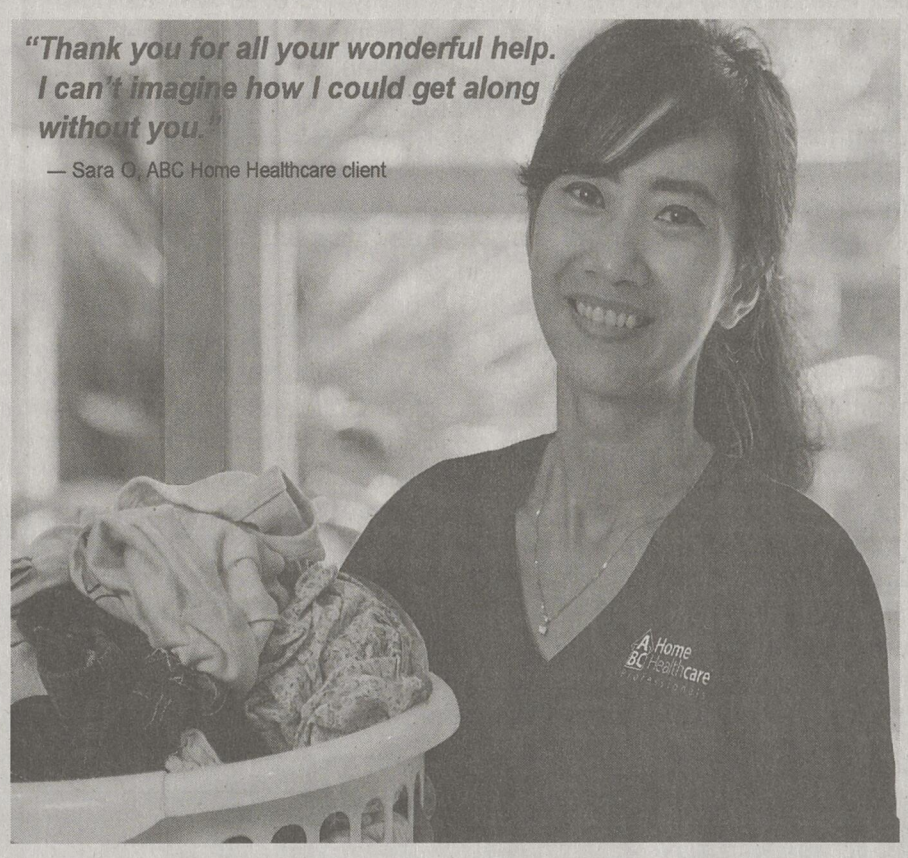
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Seniors: Get your flu shot - It's important!



Photo courtesy of Getty Images

Getting vaccinated for the flu is more important than ever. Not only will a flu shot help keep you and your family healthy, it can help reduce the strain on the healthcare system and keep hospital beds and other medical resources available for people with coronavirus disease 2019 (COVID-19).

This is no ordinary flu season; it's a flu season amid a pandemic. With two dangerous viruses going around at once, it's time for people to protect their communities by getting the vaccine already available: the flu vaccine.

And people with Medicare are at greater risk for serious complications from flu. A flu shot is an important preventive tool for individuals with asthma, diabetes, and heart and lung disease - chronic conditions that can increase the risk for serious flu-related health complications or even death. It's the best protection from getting and spreading this flu virus, and it's covered by Medicare at no cost. Medicare Part B covers one flu shot per flu season per beneficiary. You pay nothing for a flu shot if your doctor or other qualified healthcare provider accepts Medicare payment for giving the shot.

A flu shot won't protect you against COVID-19, but it has many other important benefits. Flu vaccines have been shown to reduce the risk of flu illness, hospitalization, and death.

According to the Centers for Disease Control and Prevention (CDC), there's no evidence that a flu vaccination increases your risk of getting sick from a coronavirus, like the one that causes COVID-19.

Those at high risk for flu complications include young children, pregnant women, people 65 years and older, and people with certain chronic health conditions. Anyone who is six months old or older should get a yearly flu vaccine.

The CDC recommends getting vaccinated in September or October, but a flu shot anytime during the flu season can help protect you.

Flu season in North America rarely begins before early October and usually lasts from December to March. In the past two years, the peak activity has occurred around mid-to-late February. Your body needs two weeks after a shot to develop a protective response to the influenza virus, so your best bet is to get vaccinated before the flu rate begins to climb.

Workplaces and other settings that usually provide flu shots may not do so this season because of the challenges of maintaining social distancing. For more information on where you can get a flu vaccine, visit www.vaccinefinder.org.

When going to get a flu shot, please practice everyday preventive actions and follow the CDC's recommendations for running essential errands. Ask your doctor, pharmacist, or health department if they are following CDC's vaccination pandemic guidance. Any vaccination location following CDC's guidance should be a safe place for you to get a flu vaccine.

If you have a child over six months old who qualifies for Medicaid or the Children's Health Insurance Program (CHIP), you may also qualify for a flu vaccination at no cost to you.

What's the difference between flu and COVID-19? Influenza (flu) and COVID-19 are both contagious respiratory illnesses, but they're caused by different viruses. COVID-19 is caused by infection with a new coronavirus (called SARS-CoV2) and flu is caused by infection with influenza viruses. Because some symptoms of flu and COVID-19 are similar, it may be hard to tell the difference between them based on symptoms alone, and testing may be needed to help confirm a diagnosis.

It is possible to have flu and COVID-19 at the same time. Health experts are still studying how common this can be.

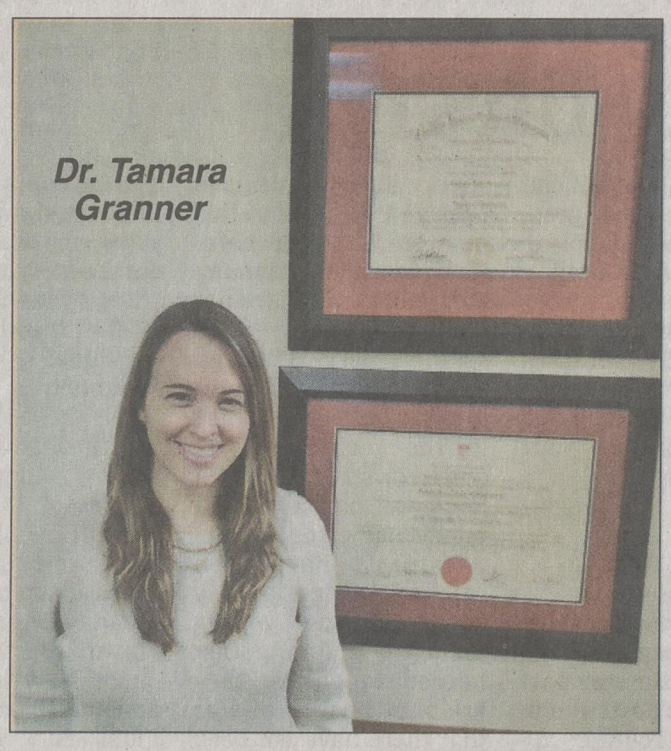
While it's not possible to say with certainty what will happen in the fall and winter, the CDC believes it's likely that flu viruses and the virus that causes COVID-19 will both be spreading.

The CDC has developed a test that will check for A- and B-type seasonal flu viruses and SARS-CoV2, the virus that causes COVID-19. This test will be used by U.S. public health laboratories. Testing for these viruses at the same time will give public health officials important information about how flu and COVID-19 are spreading and what preventive steps should be taken.

So please protect yourself, your family, and your community by getting a flu shot. Visit the doctor, pharmacy, or other local providers to get a flu shot today.

Information provided by the U.S. Department of Health & Human Services.

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Eat and drink your way to daily wellness

Committing to a daily wellness routine may include many components from eating healthy and exercising to meditating and achieving quality sleep. For some, the most difficult of these goals is changing eating habits to consume more nutritious foods.

However, rethinking the way you eat (and drink) doesn't have to mean a colossal shift in your diet. According to Healthline, clean eating and the addition of a small amount of apple cider vinegar to your daily routine can help support healthy digestion, weight range maintenance, healthy glucose levels and a functioning immune system. In fact, some experts recommend consuming 1 ounce of apple cider vinegar each day as a shot or part of a recipe.

Consider an apple cider vinegar option from Marukan, which has brewed premium vinegars for 370 years, to create dishes from breakfast to dinner. Start your day by enjoying this Blueberry Apple Cider Vinegar Smoothie that takes just 5 minutes to make so it doesn't throw off your morning routine.

A quick, nutritious and easy weeknight dinner is what many families strive for, and you can accomplish that feat with Apple Cider Vinegar Beef and Broccoli. Cooked broccoli florets and beef strips are combined with an apple cider vinegar and ponzu soy dressing-based sauce and served over cooked rice for a 20-minute meal your loved ones can savor together while simultaneously enhancing your nutrition.

These recipes can help you participate in the Marukan Apple Cider Vinegar 24-Day Challenge, which encourages entrants to consume 1 ounce of apple cider vinegar each day and share the benefits they experience while creating daily wellness habits on their journeys to healthier routines.

Find more information about participating in the challenge along with nutritious recipes at MarukanACV.com.



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Five quick tips for prioritizing health and wellness

Making it through a day, month and especially the busiest time of year, deserves a pat on the back these days. The new year brings a time to reset and look at new ways to put your wellness - and your family's - front and center. Now, when focusing on your health and wellness is more important than ever, it can also be difficult to manage. Fortunately, there are easy solutions and helpful tools available that can help you prioritize these almost effortlessly.

Here are a few simple ways to approach a healthier new year and bring on an improvement in your overall well-being:

1. RETHINK ORGANIZATION

The new year provides an opportunity to take stock, reset and reorganize. Physically getting your house in order or using an online calendar or tracking app to organize busy schedules and to-do lists can be helpful in mitigating stress. As you take a look at how you utilize the space in your home and your time, you may also find a reorganization of priorities is what 2021 calls for. Looking at organization from all angles will help to make sure all areas of your life are in order as best as possible.

2. WHEN IT COMES TO SHOPPING, PRIORITIZE CONVENIENCE

We already create a ton of excuses to ignore our health and wellness needs - difficulty buying essential items should not be one of them. Did you know that Walgreens redesigned their app with new features to help you live a healthier life? Through myWalgreens you can order online and grab essentials in-store, curbside or drive-thru pickup in as little as 30 minutes.

"We know how difficult it can be to put your health and wellness first, especially with the added stress of this pandemic," said Stefanie Kruse, vice president of digital commerce and omnichannel, Walgreens. "But myWalgreens is designed to make it easier for your individual needs, whether that's curbside pickup, 24/7 pharmacist access or daily, local health forecasts."

3. SET ASIDE TIME TO RECHARGE

When thinking about packed to-do lists, we usually find it easiest to deprioritize our own personal needs, but to show up as your best self for others you need to show up for yourself. Specifically designate time in your schedule each day - and abide by it - to address your wellness. Blocking off even 15 minutes to meditate, stretch, get fresh air, eat a healthy snack or simply relax can rejuvenate you and leave you feeling better.

4. GET MOVING

With a lot of workout facilities closed and exercising outside being difficult in the winter months, look for creative ways to stay active.

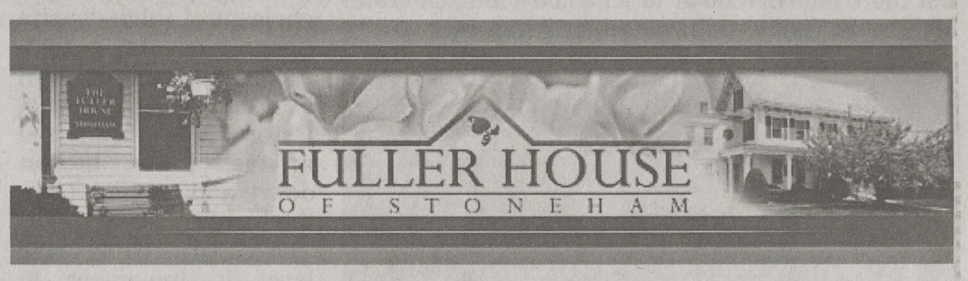
Carve out 30 minutes every day to get your body moving. You don't have to do a high-intensity workout or pay for an expensive streaming membership. Create movement challenges with your friends and family to get your heartrate up. Do a workout over Zoom with a friend and check out the plethora of free workout videos available online.

5. REWARD YOURSELF FOR MEETING YOUR GOALS

Setting sights on new health goals can keep wellness top of mind, and incentives can even make it fun. Reward yourself along the way with wish list purchases, treats or guilty pleasures. If tracking by hand feels inconvenient, myWalgreens allows you to earn bonus Walgreens Cash Rewards for reaching health goals. With the app you can get daily, personalized recommendations for health and wellness, and real-time local environment and health forecasts which make hitting your goals even easier.

And remember, it doesn't have to be Jan. 1, to start taking note and implementing these tips to lead a healthier,





The Fuller House Future Funds

Dear Friend,

I am writing to you on the behalf of The Fuller House of Stoneham as we launch our new Charitable Campaign; the Fuller House Futures Fund. We continue to thrive as we approach 100 years of continuous quality care to our senior citizens. What began in the early 1900's as a family's bequest of their home and substantial endowment with the vision to provide for the elderly population has blossomed into one of the finest small Rest Homes in New England.

We extend our request to area community members, businesses and families to become a part of the movement to support the Fuller family's mission to serve aging residents. A tax deductible charitable contribution can be made as a recurring donation, as a memorial with a passing of a loved one or within estate planning.

Our quaint Bed and Breakfast style private bedroom facility is beautifully landscaped and maintained offering 24 hour care. Our affordable rates include three daily home cooked meals and snacks, medication management, assistance with ADL's (daily tasks), activities and additional amenities. The committed staff consistently goes above and beyond to ensure all the residents are well cared for; we truly are a family. Our qualified Staff and Board of Directors are committed to the ongoing success of The Fuller House; a unique alternative to large corporate facilities.

The Fuller House is a private pay facility and strives to continue to offer affordable and modest monthly rates. We also work closely with the Veteran Affairs and PACE programs for families who need financial assistance. The donations received from our new Charitable Campaign will assist in maintaining the quality services that we offer and help to ensure that the mission to care for our elderly continues for many more years to come. I am sure the Fullers would be quite pleased and proud to see that their vision helped so many and remains so strong and vital.

Become a part of our continuing history; donate now and make a difference by giving to The Fuller House Futures Fund. All donations are greatly appreciated and can be submitted to The Fuller House located at 32 Franklin Street, Stoneham, MA 02180 or online at our website FullerHouseofStoneham.com. Tours are always welcomed.

Warm Regards,

Judy Gallucci O'Brien,
Executive Director
James Corso,
Board of Director President

The Fuller House of Stoneham
32 Franklin Street

Partners in Rehab, PT Summary

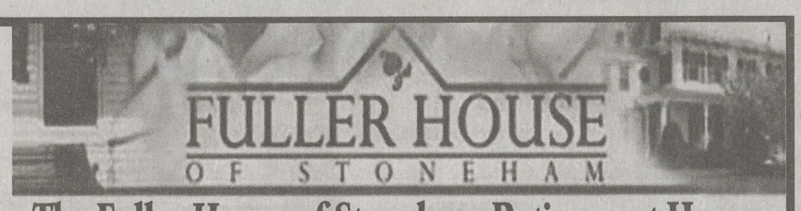
Since 1996, Partners In Rehab, PT has treated patients of all ages in comfortable, technologically advanced facilities that help promote patient confidence. We offer a wide range of Physical Therapy treatments and specialized programs, tailored to meet your individual needs. Our Physical Therapists will support their patients as they rehabilitate from injuries, gain flexibility, strengthen muscles, and improve their quality of life.

At Partners In Rehab, PT we utilize a close team approach to establish a program that addresses your needs and allows you to return to your desired level of function. Our Physical Therapists will examine each individual and create a treatment plan using exercises and techniques that promote mobility, reduce pain and improve functioning, all while working with a health care team that may include doctors, nurses, surgeons, occupational therapists, and speech-language pathologists. We specialize in the treatment of orthopedic disorders, including our expertise in the New England Baptist Hospital - Spine Center "Back Boot Camp" program.

Our goal is to make Physical Therapy as convenient and accessible as possible, to ensure our patients best recovery. Here you will receive motivation, ongoing support, and superb clinical expertise from the best team of Physical Therapists in New England. With 4 locations North of Boston, including Georgetown, Methuen, Saugus, & Wilmington, it's likely that we're close to your neighborhood. Contact your nearest facility today to learn more on how we can help you...

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- Non-Profit
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- Assistance with Personal Care
- Veterans & PACE benefits accepted



The Fuller House of Stoneham Retirement Home

Age 55 or Older

32 Franklin Street, Stoneham

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Founded in 1898

www.fullerhouseofstoneham.com

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Partners In Rehab
Physical Therapy

50 Concord St., Suite 150, Wilmington, MA 01887

(978) 447 - 1012

www.PartnersInRehab.com



Wood Haven
Senior Living

CONTINUED FROM PAGE B1

rather than her last assisted living where they just let her sleep on her couch all day. This new community is actively engaging her all day, getting her up, strongly encouraging participation in all activities, and they have more choices of activities. The staff is all trained in memory care." Family member of Wood Haven Resident

Wood Haven provides social engagement programs and family connection in a safe manner. As allowed by the Health Department, family visitation is supported with strict screening and infection controls in place.

Wood Haven is open and welcoming new residents. For more information or to schedule a tour, call (978) 657-0800 or visit woodhavenseniorliving.com.



Five tips for managing high cholesterol



High cholesterol is one of the major controllable risk factors for coronary heart disease, heart attack and stroke, but typically shows no symptoms. Understanding the role cholesterol plays, potential risk factors and how to manage it are important aspects of protecting your heart health.

LDL cholesterol (low-density lipoprotein) is considered "bad" cholesterol because it contributes to fat buildup in the arteries while HDL cholesterol (high-density lipoprotein) is considered "good" cholesterol as it can carry LDL cholesterol away from the arteries to be broken down and passed from the body.

The LDL cholesterol level is important to monitor and is optimal when it is less than 100 for otherwise healthy people, according to the American Heart Association, which recommends adults age 20 or older should have their cholesterol and other risk factors checked every 4-6 years by their primary care physician with a simple blood test. Cholesterol management is not one size fits all, so those who have already experienced a heart attack or stroke, or have family history of high cholesterol, may need to have their cholesterol levels and risk factors checked more often and may need to make lifestyle changes or take prescribed medication to help manage cholesterol levels.

Make informed decisions about managing your cholesterol levels and overall health with these tips from the American Heart Association's "Check. Change. Control. Cholesterol" program, nationally supported by Amgen:

1. Assess your risk. Your health care professional can help determine your risk for a cardiovascular event like heart attack or stroke and help manage your cholesterol as one aspect of preventive care.

Your medical and family history and your lifestyle provide important clues about your risk level. Risk is elevated for people who have had a heart attack or stroke; blockages in the arteries of the heart, neck or legs; chronic inflammatory disease; kidney disease; or other medical concerns. Your health care professional will also consider your age, sex, whether you have diabetes, high blood pressure, high cholesterol and if you smoke. Your diet, physical activity levels, alcohol intake and any drugs or supplements you've been taking factor into your risk level, as well.

2. Eat a heart-healthy diet. From a dietary standpoint, one of the best ways to lower your cholesterol is to avoid foods with saturated fat and trans fat. Limit saturated fat to 5-6% of your daily calories and avoid trans fat, which means limiting intake of processed or fatty meats and full-fat dairy products. Choose low-fat dairy products and lean proteins instead.

A heart-healthy diet emphasizes fruits, vegetables, nuts, legumes, whole grains, lean vegetable or animal proteins and fish while limiting things like trans fats, sodium, processed meats, refined carbohydrates and sugary foods and beverages. Eating this way may also help increase your fiber intake, which can help lower cholesterol levels by as much as 10%.

3. Be physically active. A sedentary lifestyle lowers HDL cholesterol. Just 150 minutes of moderate-intensity aerobic exercise a week is enough to help lower both LDL cholesterol and high blood pressure. Consider mixing up the options to keep your exercise routine engaging and prevent boredom. Try activities like brisk walking, swimming, bicycling or dancing.

4. Quit smoking and avoid secondhand smoke. Smoking lowers HDL cholesterol. What's more, when a person with unhealthy cholesterol levels also smokes, his or her risk of coronary heart disease increases more than it would otherwise. Smoking also compounds other risk factors for heart disease, such as high blood pressure and diabetes. By quitting, smokers can lower their cholesterol levels and help protect their arteries. Nonsmokers should avoid exposure to secondhand smoke as much as possible.

5. Lose weight. Being overweight or obese tends to raise LDL cholesterol and lower HDL cholesterol. A weight loss of as little as 10% can help improve your cholesterol numbers.

Elegant Independent and Assisted Living, with Exceptional Alzheimer's Care.

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Try us, you'll love us! Taste our food, enjoy our many activities, and relax!



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Bayberry at Emerald Court
A Northbridge Senior Living Community

Bayberry at Emerald Court is beautifully situated within a quiet planned neighborhood of retirement villas and town homes. Bayberry combines both privacy and convenience in a full service community. Located just minutes from I-495 and I-93, residents and families enjoy easy access to shopping, entertainment and medical services. Whether you join a new book club or take advantage of Artists in Residence Program, get your hair done, or join a friend for lunch—there is always something to experience at Bayberry. Best of all, should you need a helping hand there is always someone there ready to assist you, with a smile.

Call us today at 978-640-0194 to become a member of our warm and inviting community.



Safely Together

Our residents are enjoying holistic programming, meeting new friends and have access to a wonderful community care team. All while remaining Safely Together.

BAYBERRY
at Emerald Court
A Northbridge Assisted Living Community

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Connect with our helpful family advisor, Michelle
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email: michelle@bayberryatemeraldcourt.com

Assisted Living & Avita Memory Care
2000 Emerald Court in Tewksbury, MA | bayberryatemeraldcourt.com

Seven students named to Dean's List at WPI

WORCESTER — The criteria for the WPI Dean's List differs from most other universities as WPI does not compute a grade point average (GPA). Instead, WPI defines the Dean's List by the amount of work completed at the A level in courses and projects.

• **Alyssa Richardson** of **Wilmington**, class of 22, majoring in Mechanical Engineering

• **Mason Vega** of **Wilmington**, class of 22, majoring in Mechanical Engineering

• **Ashley Danielson** of **Tewksbury**, class of 21, majoring in Management Engineering

• **Mikaela Enax** of **Tewksbury**, class of 24, majoring in Biomedical Engineering

• **Alex Kelleher** of **Tewksbury**, class of 22, majoring in Chemical Engineering

• **Christopher Nguyen** of **Tewksbury**, class of 24, majoring in Biomedical Engineering

• **Stephanie Tam** of **Tewksbury**, class of 22, majoring in Biomedical Engineering

About Worcester Polytechnic Institute

WPI, a global leader in project-based learning, is a distinctive, top-tier technological university founded in 1865 on the principle that students learn most effectively by applying the theory learned in the classroom to the practice of solving real-world problems.

WPI offers more than 50 bachelor's, master's, and doctoral degree programs across 14 academic departments in science, engineering, technology, business, the social sciences, and the humanities and arts. Its faculty and students pursue groundbreaking research to meet ongoing challenges in health and biotechnology; robotics and the internet of things; advanced materials and manufacturing; cyber, data, and security systems; learning science; and more.

www.wpi.edu

Ward, Makooi named to Dean's List at Becker

WORCESTER — Becker College is proud to announce that **Tyler Ward**, of **Wilmington**, and **Kayla Makooi**, of **Tewksbury**, have been named to the Dean's List for the Fall 2020 semester.

Ward is pursuing a Bachelor of Arts in Interactive Media, Game Arts and Makooi is pursuing a Bachelor of Science in Nursing.

The Dean's List recognizes all full-time students (24 or more credit hours earned for the academic year; 12 minimum each semester — September through May) whose term grade point average is 3.50 or higher with no grade below a B- and no incomplete (I) or withdrawal/failing (WF) grades.

Founded in 1784, Becker College is an undergraduate and graduate, career-focused private college, providing a supportive and inclusive learning community that prepares graduates for their first to last careers.

Nearly 1,700 students from the United States and around the world attend Becker College, which has campuses both in Worcester and Leicester, Massachusetts. With nationally recognized programs in nursing, game design and animal studies, Becker has been consistently ranked as a "Best College" for undergraduate education by The Princeton Review.

LEGAL NOTICES ARCHIVE

All published legal notices are posted to the Massachusetts Public Notices website. To search the archive of previously published legal notices go to:

www.homenewshere.com OR masspublicnotices.org/Search.aspx

LEGAL NOTICE

TOWN OF WILMINGTON PLANNING BOARD

The Planning Board will hold a Public Hearing on March 2, 2021 at 7:50 p.m. via remote participation for Site Plan Review #21-03 and Stormwater Management Permit #21-03, plan entitled, "Non-Residential Site Plan, 100-110 Fordham Road Building 'D' Canopy, Tax Map 91 Lot 121, 100-110 Fordham Road, Wilmington, Massachusetts", dated January 22, 2021, prepared by Brenton Cole, PE, Granite Engineering, LLC, 150 Commercial Street, Suite 421, Manchester, NH 03101, for the property located at 100-110 Fordham Road and shown on Assessor's Map 91 Parcel 121. The proposed project is for the construction of a 24,580 SF canopy covering a van loading area and associated stormwater management.

The public hearing will be conducted via Zoom. The public will be able to participate by using this link: https://us02web.zoom.us/j/84116548344?pwd=d1Nvdzc5c20zV1R3RDdqTjFqa1FmQT09 or by calling in at 1-646-558-8656 and entering Meeting ID: 841 1654 8344. A copy of the plan is on file at the Department of Planning & Conservation and is available electronically and may be requested by calling 978-658-8238 or emailing spelletier@wilmingtonma.gov during the hours of 8:30 a.m. and 4:30 p.m. Monday through Friday.

Michael Sorrentino, Chair
Wilmington Planning Board
210133 2/10,17/21

LEGAL NOTICE

TOWN OF WILMINGTON PLANNING BOARD

The Planning Board will hold a Public Hearing on March 2, 2021 at 7:35 p.m. via remote participation for Site Plan Review #21-02 and Stormwater Management Permit #21-02, plan entitled, "Proposed Parking Lot Modification, 269 Main Street, Wilmington, MA 01887", dated January 21, 2021, prepared by Philip R. Henry, P.E., Civil Design Group, LLC, 21 High Street, Suite 207, North Andover, MA 01845, for the property located at 269 Main Street and shown on Assessor's Map 43 Parcel 4C. The proposed project is for the reconfiguration of the Starbucks drive-thru, parking, and associated landscaping.

The public hearing will be conducted via Zoom. The public will be able to participate by using this link: https://us02web.zoom.us/j/84116548344?pwd=d1Nvdzc5c20zV1R3RDdqTjFqa1FmQT09 or by calling in at 1-646-558-8656 and entering Meeting ID: 841 1654 8344. A copy of the plan is on file at the Department of Planning & Conservation and is available electronically and may be requested by calling 978-658-8238 or emailing spelletier@wilmingtonma.gov during the hours of 8:30 a.m. and 4:30 p.m. Monday through Friday.

Michael Sorrentino, Chair
Wilmington Planning Board
210132 2/10,17/21

Please Recycle

LEGAL NOTICE

TOWN OF TEWKSBURY CONSERVATION COMMISSION

PUBLIC HEARING

NOTICE OF INTENT

Notice is hereby given that the Tewksbury Conservation Commission will hold a virtual public hearing on **February 24, 2021 at 7:00 P.M.** on an application filed by Mark Harrison for a Notice of Intent for the construction of a 25' x 25' two story addition to an existing single family home. Proposed work is located within the 100-foot buffer zone of a bordering vegetated wetland and within riverfront area. The hearing will be conducted via WebEx and will be available for viewing on the following cable public access channels: Verizon Channel 33 and Comcast Channel 99. The public will be able to participate by calling 978-771-0819. Viewing and participation access is subject to change. Please check the meeting agenda 24 hours in advance.

Said property is located at **140 Helvetia Street**, Assessor's Map 60 Lot 11.

The application may be examined on the Conservation Commission webpage of the Town of Tewksbury's website at www.tewksbury-ma.gov. Should other accommodations be necessary to view the application, please call the Community Development Office at 978-640-4370. Legal Notice can also be viewed on www.masspublicnotices.org.

Stefania Gallo
Conservation Agent/
Planner
210159 2/17/21

LEGAL NOTICE

TOWN OF TEWKSBURY PLANNING BOARD

PUBLIC HEARING

SIGN SPECIAL PERMIT

Notice is hereby given that the Tewksbury Planning Board will hold a public hearing on **March 8, 2021** at **7:00 P.M.** on an application filed by **Matthew Doty on behalf of Tewksbury House of Pizza** for a Sign Special Permit to replace existing signage as shown on plans filed with this Board. The hearing will be conducted via WebEx and will be available for viewing on the following cable public access channels: Verizon Channel 33 and Comcast Channel 99. The public will be able to participate by calling 978-771-0819. Channels subject to change.

Said property is located at **2254 Main Street,** Assessor's Map 96, Lot 105, zoned Commercial.

The application may be examined on the Planning Board webpage of the Town of Tewksbury's website at www.tewksbury-ma.gov. Should other accommodations be necessary to view the application, please call the Community Development Office at 978-640-4370. Legal Notice can also be viewed on www.masspublicnotices.org.

Robert Fowler, Chairman
210172 2/17,24/21

LEGAL NOTICE

TOWN OF TEWKSBURY PLANNING BOARD

PUBLIC HEARING

SPECIAL PERMIT

Notice is hereby given that the Tewksbury Planning Board will hold a public hearing on **March 8, 2021** at **7:05 P.M.** on an application filed by **Tewksbury Realty Ventures, LLC** for a Special Permit to redevelop existing site and repurpose to accommodate 2,915 SF coffee shop café and additional 985 SF of vacant space as shown on plans filed with this Board. The hearing will be conducted via WebEx and will be available for viewing on the following cable public access channels: Verizon Channel 33 and Comcast Channel 99. The public will be able to participate by calling 978-771-0819. Channels subject to change.

Said property is located at **1800 Main Street,** Assessor's Map 85, Lot 126, zoned Commercial.

The application may be examined on the Planning Board webpage of the Town of Tewksbury's website at www.tewksbury-ma.gov. Should other accommodations be necessary to view the application, please call the Community Development Office at 978-640-4370. Legal Notice can also be viewed on www.masspublicnotices.org.

Robert Fowler, Chairman
210157 2/17,24/21

LEGAL NOTICE

TOWN OF TEWKSBURY BOARD OF APPEALS

Notice is hereby given that the Tewksbury Board of Appeals will hold a virtual public hearing on **February 25, 2021** at **6:30 P.M.** on an application filed by **Adam Lafreniere on behalf of Adam and Sarah Lafreniere** for a variance under Section 4143, for setbacks for accessory structures, of the Tewksbury Zoning Bylaw to install a 16' x 32' above ground pool as shown on plans filed with this Board. The hearing will be conducted via WebEx and will be available for viewing on the following cable public access channels: Verizon Channel 33 and Comcast Channel 99. The public will be able to participate by calling 978-771-0819. Channels subject to change.

Said property is located at **4 Dirlam Circle,** Assessor's Map 95, Lot 57, zoned Residential.

The application may be examined on the Zoning Board of Appeals webpage of the Town of Tewksbury's website at www.tewksbury-ma.gov. Should other accommodations be necessary to view the application, please call the Community Development Office at 978-640-4370. Legal Notice can also be viewed on www.masspublicnotices.org.

Robert Dugan, Chairman
210105 2/10,17/21

LEGAL NOTICE

TOWN OF TEWKSBURY PLANNING BOARD

PUBLIC HEARING

OPEN SPACE RESIDENTIAL DESIGN SPECIAL PERMIT DEFINITIVE SUBDIVISION LAND DISTURBANCE

Notice is hereby given that the Tewksbury Planning Board will hold a public hearing on **March 8, 2021** at **7:10 P.M.** on an application filed by **Arnie Martel on behalf of Catherine Cooney and Alan and Patricia Brenden** for an Open Space Residential Design Special Permit, Land Disturbance Permit, and Definitive Subdivision of three additional residential lots as shown on plans filed with this Board. The hearing will be conducted via WebEx and will be available for viewing on the following cable public access channels: Verizon Channel 33 and Comcast Channel 99. The public will be able to participate by calling 978-771-0819. Channels subject to change.

Said property is located at **920 & 978 Livingston Street,** Assessor's Maps 63 & 77, Lots 51 & 2, zoned Residential.

The application may be examined on the Planning Board webpage of the Town of Tewksbury's website at www.tewksbury-ma.gov. Should other accommodations be necessary to view the application, please call the Community Development Office at 978-640-4370. Legal Notice can also be viewed on www.masspublicnotices.org.

Robert Fowler, Chairman
210162 2/17,24/21

LEGAL NOTICE

TOWN OF TEWKSBURY CONSERVATION COMMISSION

PUBLIC HEARING

NOTICE OF INTENT

Notice is hereby given that the Tewksbury Conservation Commission will hold a virtual public hearing on **February 24, 2021 at 7:00 P.M.** on an application filed by Arnie Martel for a Notice of Intent for a five-lot single-family Open Space Residential Subdivision with the construction of three new single family dwellings and an infiltration basin. Proposed work is located within the 100-foot buffer zone of a bordering vegetated wetland. The hearing will be conducted via WebEx and will be available for viewing on the following cable public access channels: Verizon Channel 33 and Comcast Channel 99. The public will be able to participate by calling 978-771-0819. Viewing and participation access is subject to change. Please check the meeting agenda 24 hours in advance.

Said property is located at **920 & 978 Livingston Street**, Assessor's Map/Lot 77-2 & 63-51.

The application may be examined on the Conservation Commission webpage of the Town of Tewksbury's website at www.tewksbury-ma.gov. Should other accommodations be necessary to view the application, please call the Community Development Office at 978-640-4370. Legal Notice can also be viewed on www.masspublicnotices.org.

Stefania Gallo
Conservation Agent/
Planner
210163 2/17/21

LEGAL NOTICE

TOWN OF TEWKSBURY CONSERVATION COMMISSION

PUBLIC HEARING

NOTICE OF INTENT

Notice is hereby given that the Tewksbury Conservation Commission will hold a virtual public hearing on **February 24, 2021 at 7:00 P.M.** on an application filed by Roger Gauthier, Tewksbury Hospital DPH Commonwealth of Massachusetts, for a Notice of Intent for the reconstruction of an existing wetland crossing and installation of a new insulated waterline located within the crossing. Proposed work is located within the 100-foot buffer zone of a bordering vegetated wetland, and within riverfront area and bordering land subject to flooding. The hearing will be conducted via WebEx and will be available for viewing on the following cable public access channels: Verizon Channel 33 and Comcast Channel 99. The public will be able to participate by calling 978-771-0819. Viewing and participation access is subject to change. Please check the meeting agenda 24 hours in advance.

Said property is located at **630 East Street**, Assessor's Map 89 Lot 1.

The application may be examined on the Conservation Commission webpage of the Town of Tewksbury's website at www.tewksbury-ma.gov. Should other accommodations be necessary to view the application, please call the Community Development Office at 978-640-4370. Legal Notice can also be viewed on www.masspublicnotices.org.

Stefania Gallo
Conservation Agent/
Planner
210158 2/17/21

LEGAL NOTICE

TOWN OF TEWKSBURY, MASSACHUSETTS DEPARTMENT OF PUBLIC WORKS STORMWATER DETENTION BASIN REHABILITATION CONTRACT PW-21-07

SECTION 00020 INVITATION TO BID

Sealed Bids for **STORMWATER DETENTION BASIN REHABILITATION CONTRACT PW-21-07**, will be received by the Town of Tewksbury at the Department of Public Works office, 999 Whipple Road, Tewksbury, MA 01876, **until 10:00 a.m., on Thursday, March 11, 2021** at that time and place Bids will be publicly opened and read aloud. *Due to restrictions of gatherings of large groups as a result of COVID-19, the bid opening will be streamed live via the internet. The web address of the bid opening will be posted to Projectdog no later than 9:00 A.M. on the date of the bid opening.*

In the event the DPW offices are closed due to inclement weather, the bid opening will be postponed until the next day the DPW offices are open.

The total contract price of this contract shall consist of furnishing all labor, tools, equipment and materials necessary for the complete and satisfactory performance as determined in the sole discretion of the Town.

Contract Documents are available after **1:00 p.m.** local time on **Monday, February 15, 2021** by going to www.projectdog.com, entering **Project Code 841815** in the project locator box, and following the prompts to a free downloadable bid set. Contact www.projectdog.com or call 978-499-9014 for distribution questions. No monetary deposit is required to obtain the documents. Contract Documents may also be examined, but not obtained, at the DPW office during the following hours: 8:00 a.m. – 4:00 p.m. Monday through Thursday.

Each Bid shall be submitted in accordance with the Instructions to Bidders and shall be accompanied by a Bid Security in form of a certified check, cashier's check or security bond in the amount of 5 percent of the Bid.

This contract has been written in conformance with the **Massachusetts Department of Transportation (MassDOT) STANDARD SPECIFICATIONS FOR HIGHWAYS AND BRIDGES DATED 2020 Edition.** Additional supplemental specifications have been added where applicable and will govern in the contract.

Bidders may not withdraw their Bids for a period of 45 days, excluding Saturdays, Sundays and legal holidays, after the actual date of the opening of the Bids. Complete instructions for filing Bids are included in the Instructions to Bidders.

Minimum Wage Rates as determined by the Commissioner of the Department of Labor and Workforce Development under the provision of the M.G.L. c.149, §26 to 27D, as amended, apply to this project. It is the responsibility of the Contractor, before Bid Opening to request, if necessary, any additional information on Minimum Wage Rates for those trades' people who may be employed for the proposed work under this Contract.

The Bidding and Award of this Contract will be pursuant to M.G.L. c. 30, § 39M. The Owner reserves the right, in its absolute and sole discretion, to waive any informality in or to reject any or all Bids if deemed to be in its best interest.

RICHARD A. MONTUORI
TOWN MANAGER
TEWKSBURY, MASSACHUSETTS
210145 2/17/21

LEGAL NOTICE

COMMONWEALTH OF MASSACHUSETTS THE TRIAL COURT PROBATE AND FAMILY COURT

Middlesex Probate and Family Court 208 Cambridge Street Cambridge, MA 02141 (617) 768-5800

CITATION ON PETITION FOR FORMAL ADJUDICATION

Docket No. MI21P0528EA

Estate of: Rosa A. Sadowski Date of Death: 02/28/2018

To all interested persons:

A Petition for **Formal Probate of Will with Appointment of Personal Representative** has been filed by **Edward S. Sadowski** of **Wilmington MA** requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: **Edward S. Sadowski of Wilmington MA** be appointed as Personal Representative(s) of said estate to serve **Without Surety** on the bond in **unsupervised administration**

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: **10:00 a.m. on the return day of 03/12/2021.**

This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Maureen H. Monks, First Justice of this Court.
Date: February 12, 2021

Tara E. DeCristofaro,
Register of Probate
210164 2/17/21

Movie Review
"JUDAS AND THE BLACK MESSIAH"



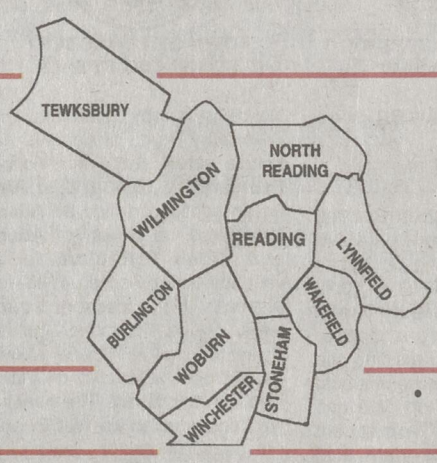
Recipe
"SCALLOP STIR-FRY"
Page A-9

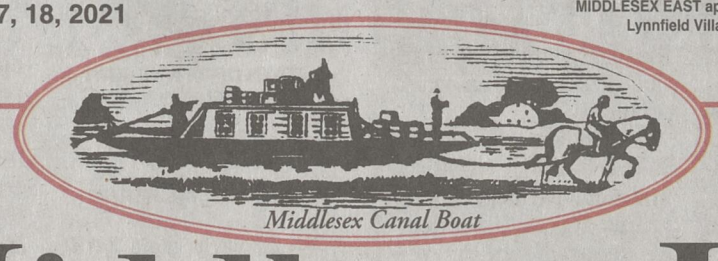


Real Estate Transfers
Page A10



MIDDLESEX EAST appearing in Daily Times – Chronicle (Reading, Woburn, Winchester, Burlington, Wakefield), Lynnfield Villager, No. Reading Transcript, Wilmington & Tewksbury Town Crier, Stoneham Independent





Middlesex East

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middlesexeast@comcast.net

Amid public outcry

Woburn poised to end lifetime trustees on Library board

By PAT BLAIS

Ever since the coronavirus first crippled operations at Woburn's historic library last spring, a roiling brouhaha raged largely out of the public eye over the management of the multi-million dollar facility.

But in recent weeks, the months-long attempt to quietly settle what started as a contract dispute has exploded into a public controversy for a community that just two years ago celebrated the opening of a new $31.5 million expansion project at the Pleasant Street property by the edge of Woburn Center.

In fact, since the end of January of this year, Mayor Scott Galvin has dismissed a 30-year veteran from Woburn's Library Board of Trustees and filed legislation with the City Council to end lifetime appointments on the management body. Saying he is better suited for the supervisory role, the city's CEO is also looking to usurp the Library Board of Trustees' authority as the library director's appointing authority.

Meanwhile, another veteran trustee has stepped down under protest — two other members on the nine-person body are also being replaced — all while Library Director Bonnie Roalsen and other trustees are accusing Galvin and Woburn's City Council of using the collective bargaining strife as political cover for an all-out power grab.

And in yet the latest bombshell, which came right before The Middlesex East went to press this week, Roalsen and Assistant Library Director Rebecca Meehan reportedly tendered their resignations on Tuesday just hours before the City Council was set to debate, and ultimately pass, the proposed library reform package.

Rooted in COVID-19 crisis

The genesis of the library fight dates back to the initial months of the COVID-19 crisis, when Roalsen, two years into her tenure at the helm of the historic H.H. Richardson building, proposed layoffs in response to the state's mandated March 23 shutdown of "non-essential" businesses.

Library workers, pointing out that no other city department was considering staffing cuts in response to the emergency directives of Mass. Governor Charles Baker, resisted. Ultimately, the library opened on a limited basis this August.

Last summer, while meeting with the City Council to discuss his proposed budget for FY'21, Galvin told the city's aldermen that "all options were on the table" at the library, including layoffs. However, what the city CEO didn't mention was that he technically had little say over such personnel decisions — as Roalsen reported directly to the Library Board of Trustees.

However in the ensuing months, as groups like the Friends of the Woburn Public Library also found themselves butting heads with Roalsen, the public on various occasions turned to Galvin and the City Council, begging them to intervene.

At least twice, a handful of local aldermen expressed their desire to investigate the contract strife. However, after City Solicitor Ellen Callahan Doucette reminded the council that they would technically be interfering with collective bargaining talks by doing so, the council reluctantly agreed to stay silent.

Likewise, at least when it comes to commenting publicly on the library tensions, Galvin respected the authority of Woburn's Library Board of Trustees by keeping private his own opinions on the matter. In fact, at one point, when the state's Library Commission tried to intervene, the mayor defended Woburn's right to set its own budget priorities.

Various Library Trustees, such as Janet Rabbitt and then Vice Chair Carol Seitz, also rushed to Roalsen's defense as the conflict with library advocates and staffers deepened.

"Sadly, there appears to be a coordinated campaign of misinformation about current library operations, which face unprecedented challenges at a time of a global, deadly pandemic. I am glad to have the opportunity to address the issues about which I have direct knowledge," Seitz wrote the City Council in a July of 2020 letter. "When taxpayers are hurting, they have a right to demand city-funded departments and programs adjust. That is a reality that surely every hard-working Woburn resident understands. Staffing will need to be adjusted and yes, downsized. Woburn is not immune to this reality."

A boiling point

With the City Council relegated to the sidelines, members of the public by last fall became tired of being left in the dark about the happenings at the Woburn Center area facility.

What followed was a flurry of letters, public records requests, and Open Meeting Law complaints filed by everyday citizens trying to obtain more information about the Library Board of Trustees' actions.

At least two trustees, including longtime member Richard Mahoney, supported those efforts and insisted some of that information should be made public. However, Rabbit and others on the board instead agreed to contest those requests.

Late last month, after reportedly hearing rumors that Library Board of Trustees' President Janet Rabbitt all but bragged about intentionally keeping fellow trustees like Mahoney and Joanne McNamee away from official meetings to discuss the hiring of an attorney and a public relations firm to defend against those Open Meeting Law and Public Records Law complaints, Galvin sprang into action.

In a Jan. 27 decision that is now being contested by Rabbitt, the mayor, who had watched recordings of the board's virtual gathering on Jan. 19, announced that he was ousting the trustee president from her lifetime appointment effective immediately.

"When Trustee Mahoney asked why he was not notified of the October 2, 2020 meeting, you responded, 'Richard you would have voted against it [hiring the public relations

Library TO A-9



AFTER MONTHS OF PRIVATE AND PUBLIC DEBATE, Woburn Mayor Scott Galvin has filed a Home Rule petition requesting the legislature to do away with lifetime appointments on the Library Board of Trustees. Just this week the City Council passed the legislation before sending it off to Beacon Hill. It is also reported that both the Library Director and Assistant Director have resigned in apparent protest.

Movie Reviews & Box Office News

Potent history in 'Judas and the Black Messiah'

By JAKE COYLE
AP Film Writer

Forces of revolution and oppression collide and entangle in Shaka King's blistering "Judas and the Black Messiah," a potent and vividly acted drama about the FBI's subversion and assassination of Chicago Black Panther leader Fred Hampton.

King's film, which he wrote with Will Berson, plunges into the dark chapter in American history when J. Edgar Hoover's FBI used surveillance, infiltration and worse to check the ascent of Black movements both peaceful (as in the case of Martin Luther King Jr., chronicled recently in Sam Pollard's "MLK/FBI" documentary) and more militant.

Hampton, played by Daniel Kaluuya, was just 21 when he was shot and killed

Movie TO A-9



START THE REVOLUTION - Actor Daniel Kaluuya portrays Chicago Black Panther leader Fred Hampton in a scene from Warner Bros. "Judas and the Black Messiah".
(Warner Bros. Pictures via AP)





HomeNewsHere RECIPE

SCALLOP STIR-FRY



SEASIDE STIR-FRY - Soy sauce and sesame oil flavor this scrumptious scallop stir-fry.

Ingredients

- 1 package (3 ounces) Oriental-flavor ramen noodle soup mix
- 1 tablespoon olive or vegetable oil
- 3/4 pound asparagus, cut into 1-inch pieces (2 1/2 cups)
- 1 large red bell pepper, cut into thin strips
- 1 small onion, chopped (1/4 cup)
- 2 garlic cloves, finely chopped
- 3/4 pound sea scallops, cut in half
- 1 tablespoon soy sauce
- 2 tablesp. lemon juice
- 1 teaspoon sesame oil
- 1/4 teaspoon red pepper sauce

STEPS

1. Reserve seasoning packet from noodles. Cook and drain noodles as directed on package.

2. While noodles are cooking, heat olive oil in wok or 12-inch skillet over high heat. Add asparagus, bell pepper, onion and garlic; stir-fry 2 to 3 minutes or until vegetables are crisp-tender. Add scallops; stir-fry until white.

3. Mix contents of seasoning packet, soy sauce, lemon juice, sesame oil and pepper sauce; stir into scallops mixture. Stir in noodles; heat through.

EXPERT TIPS

Bay scallops, which are about 1/2 inch in diameter, can be substituted for the sea scallops.

Scallops are generally classified as either bay or sea scallops. Bay scallops are much smaller and sweeter than their counterparts. Sea scallops are more readily available and less expensive than bay scallops. Cook scallops just until white in the center to keep them the most tender.

Fresh-squeezed lemon juice offers a tangy complement to the tender scallops. Garnish plates with lemon slices that have been cut just to the center and then twisted. Enjoy with a glass of dry white wine.

Movie

from page A-8

in an FBI raid in 1969. The raid was carried out, in part, due to information from Hampton's own security chief, William O'Neal (LaKeith Stanfield), a car thief turned informant four years earlier by the FBI's Roy Mitchell (Jesse Plemons). In the movie's first scenes, O'Neal storms into a bar in a trench coat and fedora, flashing a fake badge — a ruse that nearly scores him a car. When he's caught, the police ask him why not use a knife or a gun.

"A badge is scarier than a gun," he answers.

Faced with a lengthy prison term or going undercover with the Black Panthers, O'Neal opts to work for Mitchell. This brings us into the heady orbit of Hampton. As played by Kaluuya, he is a forceful, magnetic orator who, through toil and charisma, is building a "rainbow coalition" of the oppressed in Chicago. So commanding is Kaluuya that "Judas and the Black Messiah" (on HBO Max and in theaters Friday) loses some of its punch when he's not around. (For a spell, Hampton is jailed.)

It's not that the rest of the cast isn't superlative; especially good as Hampton's partner, Deborah Johnson, is Dominique Fishback — a memorable presence on "The Deuce," and, I suspect, a future star. But "Judas and the Black Messiah" is best when Kaluuya's Hampton is in full, fiery voice and King's film is directly channeling the Black power movement of the era.

If Kaluuya gives "Judas and the Black Messiah" its strength, Stanfield supplies its unease. King doesn't dwell on O'Neal's psychological stress as an informant the way that Sidney Lumet's police corruption opus "Prince and the City" does. King relies on juxtapositions of O'Neal's time among the Panthers and sit-downs with Mitchell. The FBI agent believes he's on the side of justice. Comparing the Black Panthers to white supremacists, he says: "You can't cheat your way to equality and you certainly can't shoot your way to it."

But Mitchell is an operative in Hoover's FBI. When Hoover (Martin Sheen) makes an appearance, "Judas and the Black Messiah" hints at a wider war of oppression — a war, Hoover says, over "our way of life." This makes King's film a clear counterpoint to Spike Lee's "BlacKkKlansman," which showed the FBI's Counter Intelligence Program (Cointelpro) aiding, not sabotaging, Black radicals.

Caught in between the Panthers and the feds is O'Neal. For Stanfield, the gifted actor of "Sorry to Bother You" and "Knives Out," it's a compelling tightrope of a slippery performance, poised between empathy and judgment for the pitiable O'Neal. As damning as the film's title is, Stanfield's O'Neal is never quite aware of the seriousness of the game he's playing until its gruesome and appalling end.

"Judas and the Black Messiah," a Warner Bros. release, is rated R by the Motion Picture Association of America for violence and pervasive language. Running time: 126 minutes. Three and a half stars out of four.

Library

from page A-8

firm] so what was the sense,'" Galvin alleged.

"I am keenly aware of the ongoing differences of opinion between and among the trustees with respect to community sentiment towards the current library director. Such differences of opinion are to be expected. However, it is unconscionable and unacceptable for you to deliberately leave certain trustees out of the decision making process because they might not agree with your position," the mayor continued.

After removing Rabbitt from her trustee post, a position the local resident had held for three decades, the mayor appeared before the City Council with a proposal to ask the state Legislature to pass a special act that will end lifetime appointments on Woburn's library board. He is also looking to strip from the trustees their authority to hire and dismiss future library directors.

"We're spending a significant amount of [taxpayer dollars on the library] and sometimes it's frustrating, because the general public expects the mayor to take certain actions. You get into a situation where the trustees can do what they want regardless of what the mayor says," the city executive told the council.

Stranded on the sidelines for months, Woburn's aldermen also let loose earlier in the month on the trustees after a majority of the public officials made clear they support the Home Rule Petition to the state legislature.

Later during the debate, various aldermen warned the trustees that come budget time, every single library program and operating expense will be under a microscope.

"This has been a very frustrating situation for the entire city - for the kids, for the parents, for everybody," said Ward 5 Alderman Darlene Mercer-Bruen. "Comes this May, we'll be having budget hearings, and I just want to make it clear to anybody who's listening that come budget time, you better be prepared. We'll be reviewing every single penny that's been spent…That's a promise."

Mystic Valley Elder Services presents Hearts in the Right Places online auction in March

Mystic Valley Elder Services presents Hearts in the Right Places, an online auction that will take place on www.biddingforgood.com for one special week only from Monday, March 15, 2021 through Sunday, March 21, 2021. Funds raised will benefit the mental health and social engagement needs of older adults and adults living with disabilities. Sponsorships are available for $2,500 and your company logo and link to your website will be featured on the Hearts in the Right Places home page on biddingforgood.com.

Auction items include gift cards to many local restaurants that need our support now more than ever, the art work of locally and historically renowned artist, Polly Thayer Starr, a unique and romantic Newburyport Lighthouse experience, jewelry, specialty baskets of New England gourmet food and much, much more. Mark your calendars and be sure to visit the online auction in March!

If you are interested in learning more about sponsoring this new event and/or donating a gift card or unique item of value for consideration to be added to the auction, visit www.mves.org/fundraising-events/ for more information or you can contact the Development Department at development@mves.org or 781-388-4802.

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MIDDLESEX EAST appearing in Daily Times – Chronicle (Reading, Woburn, Winchester, Burlington, Wakefield), Lynnfield Villager, No. Reading Transcript, Wilmington & Tewksbury Town Crier, Stoneham Independent

Athletes & Activities

By: Steve Algeri

• **MIDDLESEX EAST SPORTS WEEKLY TRIVIA:** Andrew Benintendi was a first-round, seventh overall, draft pick of the Red Sox in 2015 before he was traded away recently. Do you know where he played college baseball?

Answer appears below:

Middlesex League holding playoffs to close out winter sports season

Taking a cue from what a few leagues did in the fall to cap off that season, the Middlesex League is holding a first-ever playoffs beginning today and that is creating a nice buzz to finish this pandemic season that has been like no other before.

The local league is holding playoffs in boys and girls hockey and boys and girls basketball. Only the top 8, as deemed by the athletic directors from a power seeding, were selected in the top bracket. Teams that were not selected were give a consolation game.

The pairings are:

BOYS HOCKEY: Burlington vs. Woburn; Winchester vs. Melrose; Arlington vs. Stoneham; Wakefield vs. Belmont. Consolation: Wilmington vs. Reading; Lexington vs. Watertown.

GIRLS HOCKEY: Wakefield vs. Arlington; Winchester vs. Belmont; Wilmington vs. Woburn; Reading vs. Burlington. Consolation: Lexington vs. Stoneham.

BOYS BASKETBALL: Woburn at Winchester; Reading at Burlington; Lexington at Watertown; Wakefield at Arlington. Consolation: Stoneham at Wilmington.

GIRLS BASKETBALL: Reading at Burlington; Wakefield at Woburn; Wilmington at Arlington; Belmont at Watertown. Consolation: Melrose at Lexington; Winchester at Stoneham.

Dates for the next round were not set as of press time but is believed to be Friday with a Saturday finale. If weather is a factor they can conclude on Sunday.

MIAA changes football playoff format again

Speaking of football, the MIAA Football Committee reversed its decision in regards to the new state-wide playoff format. Last month the committee voted 17-2-1 in favor of having a nine-week season in which the top eight teams in each division state-wide qualify. That did not go over very well it seems as many football coaches and Athletic Directors felt as if that would eliminate many good teams from the playoffs. Plus that was not consistent with how all of the other tournament formats are aligned.

In the Feb. 4 meeting, the committee voted 11-9-1 in favor of going back to the original plan of an eight-week schedule and the top 16 teams in each of the eight divisions state-wide getting in. That plan will start with this upcoming Fall season.

Of course, now being a state-wide playoff you could see teams matched up from anywhere in the state. In the past the early rounds were sectional play in a team's geographical footprint in the state.

College baseball for Division 1 will be having a season

This Friday, Feb. 19 marks the start of the college baseball season for Division 1 teams. That is a good thing.

Of course there will be some alterations.

The Ivy League, the first conference to cancel its 2020 baseball season, will delay the start of its 2021 season until March 1. The reality is that this announcement doesn't mean much in the bigger picture. Ivy League teams typically do not play a full 56-game schedule, and many teams wait until a few weeks into the season to start playing games anyway. A combination of the academic focus and cold weather prevents Ivy League teams from starting in the middle of February like the rest of the country.

In addition, the Big Ten Conference is opting out of non-conference play for the 2021 season. This news has broader impacts than the Ivy League news. Many teams were scheduled to play non-conference series. On top of that, Big Ten teams were scheduled to play in premier early season tournaments like the Round Rock Classic and Frisco Classic.

Many conferences are considering four-game weekend series with a double-header on one day. This type of weekend scheduling allows for more games at a similar cost to a three-game weekend series. While cost-savings is always on the mind of most college baseball coaches, that will be even more the case in 2021.

Somewhat locally, Northeastern will play four-game home-and-home series with Delaware, Hofstra and Towson in the newly-created Colonial Athletic Association North Division. The Huskies will open home conference play against Delaware in a four-game set (April 23-25) and open CAA play at Hofstra in a four-game set (April 9-11).

Northeastern is the preseason favorite to win the CAA North Division, selected by the league's head coaches. The Huskies return a local product in Reading's COREY DILORETO, who is still a redshirt sophomore. NCAA spring sport athletes were able to retain a year of eligibility due to having their seasons cut short in 2020 due to the pandemic. DiLoreto (6-4, 210) started all 15 games before the season was canceled a year ago. In his first full season in 2019, DiLoreto batted .287 while starting 56 games for the Huskies.

DiLoreto began his Northeastern career as an outfielder but has now been moved to first base.

The Huskies will open the non-conference season at preseason No. 17 Wake Forest this weekend (Friday-Sunday) in Winston-Salem, N.C. at David F. Couch Ballpark. Friday and Sunday's games will stream on ACC Network Extra while Saturday's 6 p.m. contest will be televised on the ACC Network.

At Boston College, Reading's PETER BURNS, a catcher, gets their season underway Friday at Charleston (SC) Southern. In two seasons, with 2020 cut short, Burns has appeared in 51 games for the Eagles.

UMass Amherst is on a slight delay until Saturday, March 6 at Navy. Reading's WILL McFADDEN, a left-handed pitcher, and catcher BEN BRUNGARDT are members of the squad.

Answer to this week's question: University of Arkansas.

• **DO YOU KNOW SOMETHING WE DON'T?** If you have information about a local athlete that you would like to see appear in this column, please email it to sports@dailytimesinc.com.

• Real Estate Transfers •

BURLINGTON

60 7 Springs Ln #A was sold to Jain, Neera by Worah, Harish C and Worah, Aruna H for $900,000 on 01/28/21

9 Glen Ave was sold to Depaiva, Wendell and Depaiva, Flora by Mckim, Karen M for $680,000 on 01/29/21

7 Hallmark Gdns #11 was sold to Bastajian, Elayna L by Nikulina, Ella and Compton, Julia N for $287,000 on 01/28/21

5 Leopold St was sold to Goel, Rakesh by Martinello, Phyllis G and Martinello, Jocelyn A for $502,000 on 01/29/21

2 Walnut St was sold to Walsh, Emily and Hughes, Paul by Wu, Youlin and Dong, Hongmei for $670,000 on 01/26/21

1 Winn St was sold to Davis, Caleb by Quinn, Timothy M and Quinn, Veronika for $1,200,000 on 01/26/21

NORTH READING

6 Anglewood Ln was sold to Lambert, Robert and Lambort, Laura by Taylor, Terry N and Taylor, Phyllis A for $300,000 on 01/25/21

35 Cedar St #3B was sold to Brogan, Michael and Brogan, Lisa C by Oconnor, George and Oconnor, Michelle for $60,000 on 01/26/21

5 Lakeside Blvd was sold to Travers, Christine R and Travers, Kevin C by Knight, James E and Knight, Christina M for $360,000 on 01/29/21

17 Pomeroy Rd was sold to Doucette, Michael and Murray-Doucette, Kathleen by Dinardo, Angelo A and Dinardo, Jeanne A for $670,000 on 01/29/21

READING

97 Franklin St was sold to Pinkham, Judith H by Fico, Pietronilla for $1,100,000 on 01/25/21

136 Haven St #3009 was sold to Gotonoaga, Denis and Topola, Tatiana by 136 Haven Street LLC for $215,100 on 01/28/21

136 Salem St was sold to Soares, Gesiane and Neto, Cheuderico by Pratt, Margaret V and Pratt, Robert J for $550,000 on 01/28/21

52 Sanborn St #401 was sold to Janetakos, Michael A by Horgan, Timothy D for $585,000 on 01/28/21

8 Sanborn St #1005 was sold to Garofalo, Anthony by 136 Haven Street LLC for $215,900 on 01/25/21

8 Sanborn St #1009 was sold to Beaudette, Rene by 136 Haven Street LLC for $499,900 on 01/28/21

8 Sanborn St #1013 was sold to Giglio-Fedele, Diane by 136 Haven Street LLC for $479,900 on 01/28/21

8 Sanborn St #2005 was sold to Driesbach, Mathieu by 136 Haven Street LLC for $485,350 on 01/27/21

8 Sanborn St #2008 was sold to Russo, Christina S by 136 Haven Street LLC for $241,900 on 01/25/21

8 Sanborn St #3010 was sold to Byrne, Matthew by 136 Haven Street LLC for $241,900 on 01/29/21

8 Sanborn St #4002 was sold to Zeek, David A and Zeek, Mary C by 136 Haven Street LLC for $756,600 on 01/27/21

8 Sanborn St #4003 was sold to Postmark Reading LLC by 136 Haven Street LLC for $763,350 on 01/29/21

8 Sanborn St #4008 was sold to Tam, Eric by 136 Haven Street LLC for $605,650 on 01/26/21

8 Sanborn St #4010 was sold to Goodman, Miriam C by 136 Haven Street LLC for $687,250 on 01/27/21

8 Sanborn St #4012 was sold to Perry, John and Perry, Barbara by 136 Haven Street LLC for $783,750 on 01/26/21

544 Summer Ave was sold to Morel, Dennis and Morel, Diane by Vinchesi FT and Vinchesi, Robert P for $520,000 on 01/29/21

605 Summer Ave #4-509 was sold to Mastrangelo, Marissa by Zoranovna-Radovic, Anna and Prikhodko, Igor for $325,000 on 01/28/21

STONEHAM

195 Collincote St #212 was sold to Taliaferro, Nicole R and Gonzalez, Emmanuel by Papa, Giorgi A and Papa, Joseph for $492,000 on 01/28/21

41 Cottage St was sold to Russell, Albert H by Nims, Steven P and Nims, Eileen E for $565,000 on 01/26/21

102 Elm St was sold to Sprouse, Jessica by Schunke, Beth A for $550,000 on 01/27/21

159 Franklin St #D4 was sold to Vice, Grechen M and Steenhuis, Amanda K by Heald, Paula for $289,900 on 01/26/21

200 Ledgewood Dr #107 was sold to Triglione, Cristina and Baker, James E by Kelleher, Sean for $450,000 on 01/29/21

159 Main St #30B was sold to Aguilo-Velez, Rafael E by Spezzafero, Mark J for $360,000 on 01/29/21

566 Main St was sold to Aduri, Siva by Maniscalco, Michael for $535,000 on 01/28/21

12 Pleasant St was sold to Manfred, Shane and Kapoukrandis, Chrysanthi by Basset Holdings LLC for $475,000 on 01/28/21

53 Pond St was sold to Lazarev, Roman and Medik, Violetta by Zhilina, Tatiana and Kozhemiakin, Evgenil for $570,000 on 01/29/21

TEWKSBURY

80 Algonquin Dr was sold to Luong, Chau T and Luong, Nadia by Zimmerman Investments for $540,000 on 01/29/21

272 East St was sold to Ozual, Melissa F by Keleher, Sean J and Keleher, Ashley A for $540,500 on 01/28/21

984 East St was sold to Parra, Joel and Lora, Beyaniris by Merlino, Elizabeth A and Clancy, John M for $410,000 on 01/28/21

130 Greenmeadow Dr was sold to Roche, Jonathon and Duchesne, Meghan by Columbus, James M and Columbus, Sandra N for $630,000 on 01/27/21

113 Heritage Dr #113 was sold to Capuano, Sarah D by Courtney, Michael L for $360,000 on 01/27/21

1020 Livingston St #1020 was sold to Sathe, Harshad and Shelke, Apeksha by Hayat, Ali A and Hayat, Afra A for $660,000 on 01/29/21

57 Patten Rd was sold to Ashe, Joseph W and Ashe, Valerie M by Karasinski, Anthony W for $385,000 on 01/28/21

63 Randolph Dr #63 was sold to Iritano, Jennifer J by Stearns, Valdemira for $274,400 on 01/26/21

80 Sarina Way #80 was sold to Chettiar, Rohit B and Sethuraman, Sujithira by Sheehy, Stephanie E for $555,000 on 01/28/21

WAKEFIELD

252 Albion St #23 was sold to Jiang, Yihong and Ma, Xiaofeng by Dhanoa, Daljit for $480,000 on 01/28/21

26 Chestnut St #8 was sold to Amato, Diane by Arrows 1974 LLC for $260,000 on 01/28/21

6 Cutter St was sold to Hulme, Joseph and Sierra, Janyne R by Way, Adam C and Way, Marybeth for $572,500 on 01/26/21

32 Drury Ln was sold to Green, Melanie and Green, Kevin by Scandiffio, Gerald F for $588,649 on 01/28/21

48 Emerson St was sold to Otting, Francis A by Kimberly A Incampo FT by Incampo, Kimberly A for $733,400 on 01/27/21

32 Friend St was sold to Bavaro RT and Bavaro, Marie A by Walter, Jennifer T for $500,000 on 01/27/21

9 Holland Rd was sold to Brisson, Jeffrey A by Cabral, Claudia for $440,000 on 01/29/21

15 Thistledale Rd was sold to Faye-Worthley, Eileen by Worthley, Thomas E for $265,000 on 01/28/21

14 W Water St #3 was sold to Yeadon, Carlee C by Marra, Michael B for $270,000 on 01/29/21

35 W Water St was sold to Jimenez, Piedad and Vallejo, Kevin by Porter, Catherine A for $424,000 on 01/28/21

17 Wakefield Ave was sold to Cheu, Christopher and Yu, Hiuling by Jordan, Kenneth M and Jordan, Margaret L for $562,000 on 01/29/21

234 Water St #204 was sold to Sarro, Alicia M by English, Susan A for $307,000 on 01/29/21

WILMINGTON

200 Andover St #P was sold to ACD Management LLC by LFL Realty Corp for $160,000 on 01/28/21

308 Burlington Ave was sold to Holden, Keri and Holden, Jared by Perrino, John for $660,000 on 01/29/21

1 Fenway St was sold to Brown, Justin K and Brown, Bruna D by Barnard, James C and Barnard, Patricia A for $625,000 on 01/28/21

1 Freeport Dr #1 was sold to Keleher, Ashley A and Keleher, Sean J by Wolfe, Melissa J for $469,000 on 01/29/21

3 Freeport Dr #3 was sold to Dellanno, Robert and Dellano, Corinne by Mchugh, Thomas E and Mchugh, Laurie E for $469,000 on 01/28/21

1 Glendale Cir was sold to Stanton, Robert M and Stanton, Kelly by Ritchie John A Est and Ritchie, William for $300,000 on 01/29/21

11 Pinewood Rd was sold to Robert, Lisia C and Robert, Louis D by Cooke Murphy & Cooke LLC for $80,000 on 01/28/21

2 Revere Ave was sold to Callinan, Daniel and Callinan, Krista A by Dellanno, Robert J and Dellanno, Corinne T for $690,000 on 01/28/21

133 Salem St was sold to Deveuve, Jason M and Pergolotti, Jessi M by Cipriano, Nicholas J and Cipriano, Nicole for $606,000 on 01/28/21

WINCHESTER

48 Grove St was sold to Thayer, Nina and Thayer, Kenneth by 48 Grove Street LLC for $2,018,000 on 01/27/21

18 Hancock St #18 was sold to Tambone, Jacqueline E and Degrandpre, Joshua by Sykes, Emile C and Omaille, Niamh A for $607,500 on 01/28/21

666 Main St #206 was sold to Fisher, Liliya by Heneghan RT and Heneghan, Brian P for $590,000 on 01/26/21

237 Swanton St was sold to Gupta, Monisha and Gadkari, Swapnil HCR Construction Inc for $1,495,000 on 01/26/21

1 Windsong Ln was sold to Feng, Joshua and Feng, Yunjung by Salvietti, David R and Salvietti, Tara M for $1,550,000 on 01/29/21

WOBURN

120 Green St was sold to 120 Green Street NT and Roop, Kim C by Daley, John F and Daley, Cynthia J for $649,000 on 01/28/21

136 Green St was sold to Cortorreal, Luis M by Mason, Kevin R and Mason, Deborah A for $600,000 on 01/26/21

33 Harrison Ave was sold to Donnellan, Mark S by Georgoulakos, Charles and Georgoulakos, Cheryl M for $370,000 on 01/29/21

299 Lexington St #19 was sold to Moda, Lucia by Shannon Farm Dev LLC for $859,900 on 01/27/21

299 Lexington St #20 was sold to Wilkinson, Bryce A and Rains, Alexia by Shannon Farm Dev LLC for $679,900 on 01/28/21

299 Lexington St #3 was sold to 299 SF LLC by Shannon Farm Dev LLC for $200,000 on 01/28/21

299 Lexington St #4 was sold to 299 SF LLC by Shannon Farm Dev LLC for $200,000 on 01/28/21

23 Main St was sold to Garcia-Taracena, Selvyn A by Faisal, Abdullah for $750,000 on 01/25/21

79 Nashua St was sold to Hunt, Brian and Langh, Jennifer by Hetman, Marcia for $550,000 on 01/29/21

16 Sturgis St was sold to An, Wei by Mclaughlin Brian H Est and Mclaughlin, Eileen J for $480,000 on 01/28/21

LYNNFIELD

55 Prospect Ave was sold to 55 Prospect Street LLC by Sandra Roulier 2020 RET and Miner, Leanne for $625,000 on 01/26/21

1200 Salem St #191 was sold to Holland, Elizabeth and Holland, Jill by Cac RT and Lupien, Marjorie A for $473,000 on 01/29/21

527 Salem St #21 was sold to Scarfo FT and Scarfo, Donna E by Picardo, Steven A for $952,500 on 01/29/21

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RMLD Reading Municipal Light Department
RELIABLE POWER FOR GENERATIONS

LEGAL NOTICE

IFP 2021-03

Pursuant to M.G.L. c. 164, § 56D, the Reading Municipal Light Department (or "RMLD") seeks proposals for the purchase of the following:

ABB OVR-3 15kV Reclosers

Sealed proposals shall be submitted to the Reading Municipal Light Department, 230 Ash Street, Reading, MA 01867, ATTN: Purchasing Department, no later than **12:00 p.m. on Wednesday, March 3, 2021,** via USPS mail or delivered to the white mailbox in the visitor parking lot of the same address. Proposals will be opened after receipt deadline and, due to the RMLD Office being closed to the public in light of the Covid-19 restrictions, read aloud while being recorded. The Proposal results will be published on the RMLD Website after the proposal opening and sent to Proposers. Proposals received after the time of the above-stated deadline will not be accepted.

Proposal documents and proposal forms may be obtained via email request to Maureen Sullivan at msullivan@rmld.com. For questions or further information, please contact Maureen Sullivan at 781-942-6441.

Each proposal must be accompanied by a certified or cashier's check payable to the RMLD for a sum not less than 5% of the total amount of the proposal. In lieu of a check, a bid/proposal bond may be submitted in an amount not less than 5% of the total amount of the bid, unless otherwise stated. The bid/proposal bond must be from a corporate surety licensed to do business in the Commonwealth of Massachusetts, conditioned that the proposer will pay the RMLD, as liquidated damages, the amount specified in the bond unless the proposer enters into a contract in accordance with the proposal. If the proposer fails to enter into the contract or furnish any required bonds, insurance documents, or other required documents within ten (10) days from the date on which the proposer is notified that the proposal has been accepted, the amount of the check or bid/proposal bond shall be forfeited to the RMLD.

RMLD reserves the right to reject any or all proposals, waive deviations and informalities, modify specifications, negotiate terms, purchase items from multiple vendors, accept any proposal, and otherwise award the contract as RMLD deems to be in its best interest, as determined by RMLD in its sole discretion. RMLD also reserves the right to purchase the equipment from a statewide contract or other procurement options authorized by G.L. c. 30B.

No agreement shall be valid or binding unless duly executed by RMLD or RMLD issues a purchase order signed by an authorized representative of the RMLD.

RMLD will make reasonable efforts to review and process proposals promptly. However, RMLD shall not be liable for any delays in acting on a proposal.

Tewksbury Police Log

Woman arrested for OUI and possession of drugs

Monday, February 8

10:34 a.m. - Police reported a suspicious vehicle at Motel 6 that was missing a tired and appeared operator was driving on the rim for a while. Police wanted a log entry.

10:44 a.m. - Call from Methuen Road addressed a threatening phone call. Police sent. It was a phone scam and advice was given.

2:59 p.m. - A 911 call from a female party at Marriott Town Place Suites reported an argument between her and her ex-fiance. Her ex-fiance would not provide her with transport back to her hometown. Police sent and filed a report.

5:06 p.m. - There was an erratic operator in the parking lot of Walmart who almost struck people walking. Caller was unsure if the operator left the parking lot and the direction of travel. Police sent.

Tuesday, February 9

12:16 a.m. - Lowell Police department called in regards to an erratic operator entering route 38 in Tewksbury. Vehicle was observed to be swerving in and out of the lanes. Police conducted an area search of Route 38 including Motel 6, but nothing was found.

7:33 a.m. - Caller reported a past incident of shoplifting at Circle K. Police responding and officer filed a report.

11:52 a.m. - Male caller requested assistance with a female neighbor who was banging on his door at Shoreline Drive. Police sent. The female party was upset as she had lost her phone and they were able to find her phone.

5:25 p.m. - A 911 call regarding Woburn Street. Caller stated there maybe a robbery. Police sent. The manager was fine and there was no emergency.

8:14 p.m. - An alarm went off at Circle K. After contacting the business, clerk stated there was a male inside who was shoplifting. Police sent. Luis Alvarez, 39, of 438 Ames Hill Drive in Tewksbury, was arrested and charged with shoplifting by concealing.

11:58 p.m. - Front desk at Fairfield Inn reported a dispute between him and a customer. Police sent. John Delehanty, 62, of 24 Megan Lane in Lowell, was arrested and charged with a warrant for abuse prevention order violation.

Wednesday, February 10

12:21 a.m. - Caller at East Street reported a possible motor vehicle. Police sent. Paul Kimball, 35, of 2 Kensington Way in Tewksbury, was arrested and charged with OUI liquor, marked lanes violation, and no inspection sticker.

10:30 a.m. - Caller reported a suspicious vehicle parked at Skewer's Wood Grill running for the last three hours. The vehicle just left the area. The vehicle returned and the police were sent. They advised the subject checked out and was conducting a traffic count intersection.

12:33 p.m. - Someone picked up her prescriptions from Hannaford. Police sent. Cara Kulingoski, 43, of 51 Wilson St. in Worcester, was arrested and charged with warrant arrest.

4:09 p.m. - Loss prevention reported a male party stole and left the store at Hannaford. Police sent. Sean Horan, 23, of 241 Broadway Road in Dracut, was arrested and charged with shoplifting by asportation.

6:13 p.m. - Caller reported a woman was kicking her car and being aggressive at Patrick Road. Police sent. Danielle Joyce, 44, of 79 Patrick Road in Tewksbury, was arrested and charged with assault and battery with dangerous weapon with car door and assault and battery.

Thursday, February 11

8:31 a.m. - A 911 caller reported he was dropping product off at the Mobil Gas Station. The receiving party didn't pay for the product but kicked the vendor out. Police sent and filed a report.

8 p.m. - Caller from Salem Road and Broadway Road stated there was a vehicle parked on the side of the road and a male in all black walked on the side of the road. Police sent but nothing was found.

9:37 p.m. - Caller from Motel 6 reported a female was screaming and someone was banging on a door down the hall of her room at Motel 6. Police sent. Shannon Ouellette, 27, of 225 Hilldale Ave. in Haverhill, was arrested and charged with a warrant for unlicensed operation of motor vehicle.

Friday, February 12

2 a.m. - Caller reported a large group of people in the parking lot were screaming and fighting next to a white van at McDonalds north. Police sent. They advised that the altercation was verbal and filed a report.

8:03 a.m. - A 911 caller stated he was having an argument with a friend over a gold chain at Beech street. Police sent. Officers were standing by until male party gets a ride. Officer filed a report.

8:55 a.m. - Male party walked up to the police and asked for a ride at East Street and Livingston Street. Jose Colon, 44, of 780 Albany St. in Boston, was arrested and charged with a warrant for distribute class C drugs.

9:30 a.m. - The caller's daughter had a restraining order on her but the courts stated the daughter could stay in the house and they were having an argument at Kendall Road. Police sent. Jeanmarie Schmidt, 56, of 85 Kendall Road in Tewksbury, was arrested and charged with second offense of OUI liquor, possession class B drugs, possession class C drugs, possession open container of alcohol in the car and violate abuse prevention order.

3:38 p.m. - Employee from Cumberland Farms reported a male party filled his bag with items and then left the store without paying. Police sent. Charles Sally, 35, of 7 Adama Circle in Revere, was arrested and charged with shoplifting by asportation and possess class B drugs.

10:46 p.m. - Police out at Motel 6 to serve a warrant. Tiffany Vanvalzah-Kelley, 33, of 80 High St. in Keene, New Hampshire, was arrested and charged with a warrant for heroin being present, possession class A drugs.

Saturday, February 13

6:29 p.m. - Caller reported her son was assaulted at Florence Avenue. Police sent. Patient refusal and filed a report.

11:09 p.m. - Female caller reported she was receiving inappropriate text messages and photos from a male party she does not know at Baldwin Road. Police sent. The caller did not wish to file a report.

Sunday, February 14

5:58 a.m. - A verbal argument between a couple in an adjacent apartment at Robbins Avenue. Police sent and they confirmed it was a verbal argument.

9:25 a.m. - The caller's window was smashed overnight at Burdette Street. Police sent and another vehicle was involved.

6:28 p.m. - A house was recently on a fire and the owner received a call from a neighbor stating the door was open and the house should be unoccupied at Hilltop Road. Police sent. Area checked and secure. The door was left open by a family member.

Wilmington Police Log

Tractor trailer struck overpass on I-95 Southbound

Friday, February 5:

7:18 a.m.: A caller reported an erratic driver in a blue 2007 Toyota Highlander on the wrong side of Nichols Street, heading off on Shawsheen Avenue towards Main Street. When police located the vehicle, the driver informed them that she was following her cellphone's GPS to get to work and was sent on her way

11:51 a.m.: Anthony Sylvester of 5 Wheeler Road in Burlington was summonsed for unlicensed operation of a motor vehicle and failure to stop/yield after he was pulled over without his permit on him and two other unlicensed passengers in the car. His mother then arrived with proof of a permit

2:29 p.m.: A black 2014 Honda CRV rear ended a Benevento's truck on Salem Street and Woburn Street. A Benvento's supervisor then arrived and assisted in the paperwork exchange

11:51 p.m.: A caller on Houghton Street reported that the occupants of a gray Ford Explorer have verbally accosted him while walking and thrown snowballs at his house before heading down Aldrich Street. Police searched the area, but found no footprints on the property and no sign of the vehicle

Saturday, February 6:

1:06 a.m.: Joshua Kerwin of 12 Dahlia Ave. in Peabody was arrested for driving with a suspended license, operating an unlicensed vehicle, and other warrants. This occurred after police checked a suspicious white 2005 Ford Econovan on Andover Street behind a building

1:19 p.m.: On Glen Road and Lawrence Street, a grey 2020 Toyota RAV4 and grey 2007 Kia Sportage were involved in a motor vehicle collision with no injuries or airbag deployment. Police assisted with the paperwork exchange

8:43 p.m.: A caller reported that on Woburn Street and Concord Street, a grey 2007 Toyota Camry full of young people made a u-turn and almost collided head-on with another vehicle. Police eventually found some taking off from Burger King, leaving their things in the woods. These were taken to the station, where the parents of those involved released them and their children

Sunday, February 7:

1:44 p.m.: A caller on Glen Road reported that his house had been egged overnight, with two windows and the front of the house being hit

5:06 p.m.: A caller on Ledgewood Road stated that he was a contractor for the town and that a resident was giving him a hard time about where he was putting snow, going so far as to throw a shovel at his vehicle that missed. She then drove her car into the roadway, impeding snow removal efforts. The scene was eventually cleared when police stepped in

8:43 p.m.: A caller at the Knights of Columbus on Middlesex Avenue stated that a female party in a hooded sweatshirt and with a dog was threatening patrons, slamming doors, and threatening to call the police. Police spoke to the woman and advised her not to return, learning that this was an ongoing problem. She was eventually served a no trespass order

Monday, February 8:

1:19 a.m.: A caller on Cary Street reported two men walking up her driveway attempting, she believed, to break into her car. They then left in a red 2014 Chevy Silverado up King Street. When police investigated, they found the men had been hired to clear the caller's driveway. However, Darwin Hernandez of 124 Crafts St. in Newton was issued a summons for unlicensed operation of a motor vehicle and defective equipment

2:52 p.m.: A caller on Main Street asked that it be logged that someone placed a dead fish in their mailbox

5:19 p.m.: A caller on Arlene Avenue reported that her dog had been bitten by another dog belonging to her neighbor. An Animal Control officer was contacted, advising that the dog be brought to the vet

5:57 p.m.: A caller at the Woburn Street School on Woburn Street reported that an Amazon van was stuck in the ped-way behind the building. The van was then towed and a boulder was moved, too, needing to be replaced

Tuesday, February 9:

8:42 a.m.: Teddy Njai Kingori of 105 Felker St. Apartment #7 in Lowell was issued a summons for unlicensed operation of a motor vehicle and speeding in violation of a special regulation. His black 2007 Toyota Highlander was stopped on Salem Street and Valyn Lane.

6:03 p.m.: On Shawsheen Avenue and Nichols Street, a grey 2015 Kia Sorento became stuck in the snow of the traffic island before being removed

9:14 p.m.: A motorist on Hopkins Street and Shawsheen Avenue reported that the overhead light was turned to face towards the school and was not showing the same color as the light on the post below. The Electric Light Company was notified and planned to examine the lights later

Wednesday, February 10:

10:28 a.m.: A tractor trailer unit struck the overpass and rolled over prior to Exit 40 on I-95 Southbound, shutting down the 125 overpass southbound lane. State police, fire, and MassDOT all arrived to assist

11:52 a.m.: On Main Street, it was reported that a possibly intoxicated male was operating a vehicle. Officers went to the operators home, but eventually found him at the plaza. A family member then picked him up and the vehicle was left in a parking lot

2:33 p.m.: A white 2018 Ford Transit and a grey 2016 Toyota RAV4 were involved in a minor motor vehicle collision in front of the North Wilmington Shell Gas Station on Middlesex Avenue. One of the drivers was summonsed for unlicensed operation

Thursday, February 11:

11:16 a.m.: An employee at Dollar Tree on Main Street reported that her black 2018 Nissan Pathfinder was struck by a brownish Jeep. This was relayed to her by a third party

11:24 a.m.: A property owner on West Street reported that his tenant's black 2012 Hyundai Elantra was broken into during the night, although nothing was thought taken and no damage was sustained. Police determined that the vehicle was rummaged through and only a few dollars were taken

1:12 p.m.: On Main Street, a white 2017 Ford Focus and a grey 2004 Chevy Malibu were involved in a minor collision at the intersection. Paperwork was exchanged and the owner of the Chevy Malibu, Andrea Renee Rego of 29 Ellington Road in Tewksbury, was summonsed for a subsequent offence of operation a motor vehicle with a suspended license

7:35 p.m.: A caller on Sequoia Drive was concerned about an X that had been carved into their driveway. Police found that several others had also experienced the same, with possible explanations having to do with snow removal or the pavement

WILMINGTON/TEWKSBURY CHAMBER OF COMMERCE

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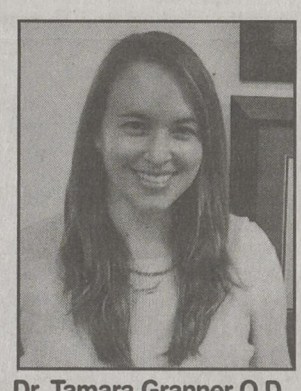
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(Next to Dollar Tree)

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Dr. Tamara Granner O.D.



Eva Neves R.D.O.
Manager Franchisee Owner

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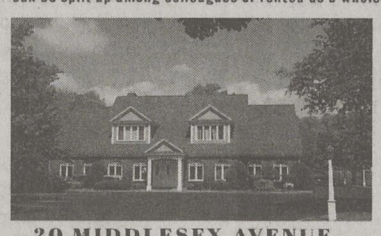
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Com. discusses how to fill empty seat

SCHOOL FROM PAGE 1

DPH. One such example is that they don't have enough buses to get all students to school every day due to capacity restraints and social distancing.

"I'll say as a parent, a teacher, and a School Committee member, I can't think of anything better than moving back to in-person instruction," said Jay Samaha.

David Ragsdale asked if this would also be considered for this spring at the same time as for next fall, and Brand replied that these are two facets of one discussion to him. The committee suggested that they use organizations that are already in place to assess parent preference for things like only three foot distancing and transportation.

The board approved the WHS program of studies update by Principal Linda Peters and salary changes for the fiscal year 2021 financial report from Paul Ruggerio. Peters said that a formal process has been added for credit recovery, US History-10 has been changed to US History from a global perspective, and a new advanced music theory course will be offered. Ruggerio said that the budget will end the year in a positive spot.

The final item of the evening pertained to the resignation of School Committee member Steve Bjork, who wasn't present at the meeting but wrote in his resignation effective immediately. His reason for leaving was that he couldn't fulfill all of his responsibilities effectively.

Jenn Bryson mentioned that she's communicated this already to the Board of Selectmen so that interested residents may write a letter to Chairman Jonathan Eaton and the two groups can make a meeting and vote upon Bjork's replacement.

Jo Newhouse suggested that instead of appointing someone, it would be fairer to just let the town vote and put a two-year seat on the ballot for town election. She imagined that the replacement would only get to serve for a few meetings before the election.

She also mentioned another town that had reached out to the MASC and learned that they weren't legally required to fill the vacant seat, so they just left a seat open for five meetings until the election.

"We don't want to just assume people will [pull papers] and not move on this process and find ourselves in a position where we haven't filled that seat," returned Bryson.

Ragsdale said, "Our only role is this appointment process that we've discussed. Anything that has to do with what's on the ballot has nothing to do with us — that's the role of the town and the Town Clerk."

Bryson added that she'd report back with dates to meet with the Board of Selectmen and keep everyone informed about whether they'd add a two year seat to the ballot this year. Their next meeting will be on Wednesday Feb. 24 at 7 p.m.



All is well

A resident complained about the conditions at the CVS on Main Street in Wilmington, however, all appears normal here. (photo: BruceHilliard.com)

School nurse, physician against participating in pooled testing

COVID FROM PAGE 1

once a week.

The purpose of the program is to test asymptomatic students and staff when they're present in person at school in "pools" or groups. A pool that tests positive would have to quarantine and seek follow-up PCR tests, as it doesn't identify which people in the pool are the positives but only whether there are positives. Negative pools would remain in school.

Crowe identified Watertown as a similarly sized school district that used the program. She said that it cost them about $22,000 per week over 17 weeks. These tests identified 18 positive cases. She also gave the current town COVID-19 numbers, which was around 130, with five of those cases in school and a 4.9 percent positivity rate.

From the results of a survey sent out to Wilmington parents and guardians, she reported that out of 812, only 54 percent responded that they would participate and 45 percent said they would not. Among staff, the response was 78 percent willing and 22 percent unwilling. Some concerns mentioned alongside their willingness to participate were adding anxiety and stress, time, reliability, and limited staff resources. Perceived benefits included peace of mind, keeping schools open, and possibly having fulltime in-person learning.

Their overall considerations were the cost, lack of parent consent, logistics, contact tracing, and the fact that the community and school positives are currently low.

"Our recommendation is that WPS not participate in the DESE pooled testing program," Crowe said.

Curdo shared that the CDC recommends this testing only for communities with moderate to high amounts of COVID-19 and that studies have shown that schools have had minimal to no spread. Supt. Glenn Brand agreed with the recommendation not to participate for these reasons.

Curdo mentioned that the tests to be used in this program would be more of a screening test for negative cases instead of a test trying to identify positives.

"It shows true negatives without having a lot of false positives," he said.

He explained that diagnostic tests are looking for true positives, but a screening test is looking for true negatives amongst asymptomatic people.

The committee asked if they expected the numbers to start trending up again in case that could be a reason to reconsider pooled testing.

"We should continue to see numbers go down with vaccines and herd immunity," Curdo said.

He went on to say that even if they see small spikes during February and April vacation, he expects those to go back down again quickly.

David Ragsdale and Brand both shared that they agree with the recommendation made by Crowe and Curdo.

"There's not enough buy-in in our community to get the benefits," Ragsdale said.

Brand thanked the pair for joining and making a well-thought-out, rational choice.

One contested race on ballot so far

SEATS FROM PAGE 1

Those voting absentee should visit the Town of Wilmington website for more information on the process of requesting an absentee ballot.

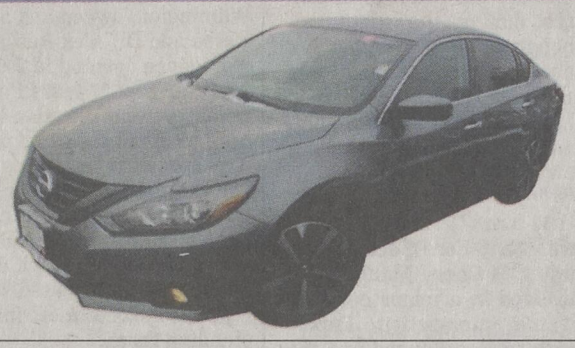
As April 24 draws closer, eligible citizens must remember to practice safety when voting in person, such as wearing a mask, using hand sanitizer, and practicing social distancing.



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NISSAN

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Stock: W201089B
$14,537



2016 Honda Accord Sport
Leather Seats, Back-Up Camera, 77,036 miles. Stock: W201329A
$14,998



2017 NISSAN Pathfinder S 4x4
Third Row Seat, 4x4, Rear Air, Back-Up Camera. 33,519 miles. Stock: WP0361
$18,562



2017 NISSAN Maxima SR
Navigation, heated/ cooled leather seats, remote start. Onky 15k miles. Stock W200872A
$23,749



NISSAN FACTORY CERTIFICATION ON ALL NISSAN'S 100,000 MILE POWERTRAIN WARRANTY

2017 NISSAN VERSA iPod/MP3 Input, Bluetooth, CD Player 60,482 miles miles. WP0466A $9,795	2018 NISSAN ALTIMA SV Back-Up Camera, Satellite Radio, Bluetooth 35,398 miles. WP0448 $16,538	2018 NISSAN ALTIMA Back-Up Camera, Satellite Radio. 35,899 miles. WP0507 $17,345	2017 NISSAN ALTIMA Leather Seats, Heated Driver Seat. 22,932 miles WP0472 $19,498
2018 NISSAN SENTRA Back-Up Camera, iPod/MP3 Input, Bluetooth. 38,366 miles. WP0511 $12,324	2015 NISSAN MURANO Navigation, All Wheel Drive, Back-Up Camera. 64,545 miles. WP0415A $16,583	2017 NISSAN ROGUE SPORT Back-Up Camera, Satellite Radio. 22,393 miles WP0464 $17,224	2017 NISSAN MAXIMA Leather Seats, Navigation, All Wheel Drive 28,597 miles WP0465 $19,663
2017 NISSAN SENTRA Back-Up Camera, Satellite Radio, iPod/MP3 Input TURBO.32,630 miles.WP0479 $12,798	2017 NISSAN ROGUE SV AWD Heated Driver Seat, Bluetooth. 30,271 miles. WP0442 $16,671	2018 NISSAN ALTIMA Back-Up Camera, Satellite Radio, Bluetooth. 18,527 miles. WP0515 $17,998	2018 NISSAN ROGUE All Wheel Drive, Power Liftgate, Heated Driver Seat. 23,415 miles. WP0485 $19,898
2018 NISSAN ALTIMA Back-Up Camera, iPod/MP3 Input, Bluetooth 18,231 miles. WP0428 $13,525	WE BUY CARS! ALL MAKES & MODELS!		2019 NISSAN LEAF SV Navigation, Back-Up Camera, Satellite Radio. 21,594 miles. WP0524 $19,989
2015 NISSAN ALTIMA Back-Up Camera, Satellite Radio, iPod/MP3 Input 46,013 miles. W210034A $13,354			2018 NISSAN ROGUE AWD, Power Liftgate, Heated Driver Seat 19,675 miles. WP0512 $19,998
2015 HYUNDAI SONATA Leather Seats, Heated Rear Seat, Onboard 57,486 miles. WP0319A $13,955			2019 NISSAN MAXIMA Back-Up Camera, Satellite Radio. 4,656 miles. Stock WP0435SL $22,965
2018 NISSAN ALTIMA Back-Up Camera, iPod/MP3 Input, Bluetooth 30,623 miles. WP0495 $14,978	2017 HYUNDAI ELANTRA Back-Up Camera, Satellite Radio. 7,186 miles. W210004A $16,839	2017 NISSAN ROGUE All Wheel Drive, Heated Driver Seat. 13,547 miles. WP0518 $17,998	2017 HONDA CR-V Leather Seats, Sunroof, All Wheel Drive. 23,115 miles W210274A $23,726
2016 NISSAN ALTIMA Heated Driver Seat, Back-Up Camera 52,943 miles. WP0434SM $15,448	2017 NISSAN SENTRA All Wheel Drive, Back-Up Camera, 27,259 miles. Stock WP0519 $16,998	2018 NISSAN ROGUE SV AWD, Power Liftgate, Heated Driver Seat 21,209 miles. WP0431 $18,741	2019 NISSAN MAXIMA S Back-Up Camera, Satellite Radio, iPod/MP3 Input 5,512 miles, WP0461SL $23,726
2014 NISSAN PATHFINDER Leather Seats, Third Row Seat, Navigation 78,134 miles. WP0488 $15,483	2018 NISSAN ALTIMA SV Back-Up Camera, Satellite Radio, iPod/MP3 Input. 35,899 miles. WP0507 $17,345	2017 NISSAN MURANO AWD, Back-Up Camera, Satellite Radio 25,382 miles WP0427 $18,766	2019 TOYOTA HIGHLANDER XLE Leather Seats, Third Row Seat, Navigation 57,631 miles, W201092A $29,783
2017 Honda CIVIC LX Back-Up Camera, iPod/MP3 Input, Bluetooth. 9,425 miles W200732A $15,683	2017 NISSAN KICKS Back-Up Camera, Satellite Radio, 1,009 miles Stock WP0481 $17,433	2018 TOYOTA RAV4 All Wheel Drive, Back-Up Camera, iPod/MP3 Input 41,978 miles. WP200742A $18,783	2018 NISSAN PATHFINDER Leather Seats, Third Row Seat, Navigation, 4x4. 29,559 miles WP0505 $26,983

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